

California Rural Indian Health Board, Inc.



Dental Support Center  
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[www.crihb.org/dental](http://www.crihb.org/dental)

February is...



National Children's  
Dental Health Month

### Are you promoting oral health by conducting events and activities to promote Children's Dental Health Month?

If you are, the Dental Support Center would like to know!! The DSC at CRIHB can provide educational and preventive resources for you!, We will also highlight your event in future DSC newsletters.

Please contact Lalani at the Dental Support Center 916-929-9761 or [lalani.ratnayake@crihb.org](mailto:lalani.ratnayake@crihb.org)



#### Meet Cindy Listoe!

Cindy Listoe RDH MEd has joined the Dental Support Center as a part-time Health Education Consultant.

I've been a RDH for 20 years. I graduated with an Associates Degree in 1996 and completed my Masters in Education in 2014. I worked in Tribal Health for 5 years (Greenville Rancheria, Red Bluff CA), and I am passionate about education and oral health. I teach part-time in a Dental Hygiene Program in Sacramento. The opportunity to be involved with educating the public to improve oral health, and therefore, overall health, is very important to me. I'm excited to be a part of tribal health again.

# California Dental Support Center NEWSLETTER

January 2016

Volume 7 Issue 2



## 2016 Annual IHS CA Area Dental Continuing Education Meeting May 2nd-5th, 2016 Sacramento, CA

### Our Mission

Reduce dental decay in Native American infants, children, and adults. Provide training, technical assistance, and resources to tribal and urban dental clinics operating in California.



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Save the Date!



The Dental Support Center cordially invites all dental professionals from California Tribal/Urban programs to attend this 4-day conference (approx. 30 CEU's). Do not miss this FREE opportunity to gain new knowledge and enhance your skills. A great time to network and collaborate with other tribal programs and to meet 25 dental vendors who will have their latest and greatest items for you to check out!

**Hosted By the Dental Support Center at CRIHB & CA Area IHS Office**

Check out page 3 for more details....

### **2016 IHS Division of Oral Health Promotion, Disease Prevention [HPDP] Funding Initiative**

- Claremore Service Unit, Oklahoma City
- Winslow Indian Health Care Center, Inc., Navajo
- **Toiyabe Indian Health Project, Inc., California**
- Seneca Nation Health System, Nashville
- Cass Lake Service Unit, Bemidji
- Cherokee Indian Hospital Authority, Nashville
- Crownpoint Service Unit, Navajo
- Albuquerque IHS Dental Clinic, Albuquerque
- Chickasaw Nation, Oklahoma City
- The Confederated Tribes of Grand Ronde, Portland
- Catawba Service Unit, Nashville



Upcoming Certification Course  
for RDA/DA

- Pit & Fissure Sealants (16 CEU's)– March 5th & 6th, 2016, in Folsom, CA at the Foundation for Allied Dental Education (FADE) [www.thefade.org](http://www.thefade.org). For registration information contact: [lalani.ratnayake@crihb.org](mailto:lalani.ratnayake@crihb.org) (916-929-9761)



The Dental Support Center Awards 2016 Mini Grants

Five CA tribal/urban programs will receive awards up to \$3,000, to implement community oral health projects.

- ◇ **Consolidated Tribal Health Program**—Improving Access to Care with emphasis on Elders and Pregnant Women
- ◇ **Chapa-De Indian Health**—Increasing Dental Visits of Pregnant Women
- ◇ **Toiyabe Indian Health**— Saturday Sealant and Fluoride Clinic
- ◇ **American Indian Health & Services**—Restorative Dental Work for Native American Patients
- ◇ **San Diego American Indian Health**—Improving Treatment of Periodontal Disease

Two New Educational Brochures developed by  
the DSC, is coming your way!!

- ◇ **Gum Disease and You**
- ◇ **Use and Care for Your Dentures**

The new brochures will be mailed to your clinics in February 2016

Show us YOUR smiles!!

The DSC will be creating a slide show of all of the CA tribal programs, staff, and their activities, to be shown during the upcoming Dental Conference in May 2016. So, share who YOU are and what YOU do!!

Please send your pictures to:  
[lalani.ratnayake@crihb.org](mailto:lalani.ratnayake@crihb.org) by  
Friday April 22, 2016

**Patient Education: Are Our Patients Really Learning?**

There are some days we all feel like a broken record, saying the same things over and over to our patients. We may wonder if they are really receiving the information we are trying to give them. Here are some tips to ensure that you are indeed educating your patients.

- **“Teach Back”** To help make sure your patients are truly understanding what you are trying to tell them, try asking your patients to tell you what they learned. Remember- this isn’t a test, if they are unable to tell you, then you need to explain the concept again.
- **“Chunk and Check”** Don’t wait until the appointment is over, give small bits of information and ask your patient to teach it back to you.
- **“Show-me”** When teaching an Oral Hygiene technique, don’t just show your patients, have them show you what they learned.
- **Brochures**-Utilize your brochures and personalize the information for your patients, also allow your patients to use the pictures in the brochures while they “Teach Back” but try to encourage them to use their own words.

Luchynskyi, T. (2015). The importance of health literacy. *Dimensions of Dental Hygiene*, 13 (11), 68-70.

Join Us!!

2016 Dental Continuing Dental Education Meeting  
California Area Indian Health Service  
May 2nd - 5th, 2016  
Sacramento, CA

Schedule at a Glance

Monday, May 2

- 8:00am-10:00am Dental Directors Meeting, Dental Billing & Coding
- 10:00am-10:30am Welcome/Traditional Prayer
- 10:30am- 12:30pm Pediatric Dentistry
- 1:30pm-3:30pm Pharmacology, The Denti-Cal IHS Seminar
- 3:45pm – 5:45pm Implants, Compliance Issues for Dental Offices
- 1:30pm—5:45pm CPR Session

Tuesday, May 3

- 8:00am–10:00am Geriatric Dentistry, Ergonomics, Panel Discussion on Scheduling Issues
- 10:15am–2:15pm Oral Surgery Course, Nutrition & Eating Disorders, Creating a Culture of Leadership in Dentistry
- 12:15pm–2:45pm Vendor Reception/Exhibits/Poster sessions/Table Clinics
- 2:45pm– 4:45pm Working with Fearful Dental Patients, Top 5 Conditions Linked to Periodontal Disease & Their Clinical Management, HIPAA/Records Management
- 4:45pm-5:45pm Dentists/RDH/Assistants Meetings

Wednesday, May 4

- 8:00am–10:00am Orthodontic Course, Improving Dental Efficiencies with Dentrix Enterprise, Panel Discussion: Accreditation
- 10:15am–2:15pm Endodontic Course, Hands-On Pedo Course, Hands-On Rubber Dam & Matrix Systems Course
- 1:30pm–3:30pm CAMBRA & Restorative Course, Impression Troubleshooting & Digital Impressions, Understanding the Dental Assisting Discipline: Duties, Responsibilities and the Future
- 3:45 pm–5:45pm Biomemetic Dentistry, Hands-On Lasers, Grant Writing

Thursday, May 5

- 8:00am-8:30am Update IHS/DSC
- 8:30am–10:00am Trauma Informed Approaches to Health Care
- 10:15am-11:45am Future of Oral Health



Conference  
Registration &  
Lodging

Information will  
be  
available in  
February 2016

All conference attendees will be required to register online, through the IHS website

[www.doh.ihs.gov](http://www.doh.ihs.gov)

- ◇ 30 CEUs
- ◇ Table Clinics
- ◇ Poster Sessions
- ◇ Dental vendors
- ◇ Native American vendors
- ◇ Raffles
- ◇ Historic Old Town Sacramento
- ◇ Trendy Midtown
- ◇ Railroad Museum
- ◇ Native American Museum
- ◇ Crocker Art Museum
- ◇ Arden Mall
- ◇ Sacramento River Walk
- ◇ 30-mile American River Bike Trail
- And much more!