



# UPPER ISLAND DISTRICT DENTAL SOCIETY

## SPRING CONFERENCE

April 12 + 13, 2024

Crown Isle Resort

399 Clubhouse Drive. Courtenay BC



### THANK YOU TO OUR SPONSORS:



# FRIDAY APRIL 12, 2024

8:00-8:30	<b>REGISTRATION + CONTINENTAL BREAKFAST</b>	
8:30-11:45	<b>BCDA</b> - Part 1: Clear on Codes Part 2: How to Handle College Complaints   Communication	Ballroom
8:30-11:45	<b>Dr Pio Modi</b> Mastering Resin Restorations	Silver Room
8:30-11:45	<b>Henry Schein</b> - Dental Equipment HANDS-ON Maintenance and Repair	Copper Room
11:45-12:30	<b>Lunch + Trade Show</b>	
12:30-3:45	<b>Stephanie Botts</b> Perfect Posture Mechanics	Ballroom
12:30-3:45	<b>Dr Pio Modi</b> - <i>must attend lecture in AM</i> Mastering Resin Restorations HANDS-ON	Silver Room
12:30-3:45	<b>Henry Schein</b> - Dental Equipment HANDS-ON Maintenance and Repair	Copper Room
<b>4:00 - 5:00</b> Wine + Cheese Reception		<b>5:30 AGM Dinner</b> <i>Limited to Dentists</i>

# SATURDAY APRIL 13, 2024

8:00-8:30	<b>REGISTRATION + CONTINENTAL BREAKFAST</b>	
8:30-11:45	<b>Dr Rolf Maijer + Annalise Thornton</b> Navigating the Waves of Bruxism	Ballroom
8:30-11:45	<b>Dr Phoebe Tsang</b> - One Size Doesn't Fit All: Treatment Planning for Pediatrics	Silver Room
11:45-12:30	<b>Lunch + Trade Show</b>	
12:30-3:45	<b>Dr Samson Ng</b> - Part 1: Lumps and Bumps Part 2: HPV-Related Head and Neck Cancers	Ballroom
12:30-3:45	<b>Stephanie Botts</b> - The Dental Professional's Role in Supporting Patients with Substance Use Disorder	Silver Room

Limited Space for Hands-On Sessions  
**REGISTER EARLY**

Registration **OPENS Feb 22 at 7am**  
**ONLINE at uidds.com**

<b>REGISTRATION FEES</b> (EARLY BIRD RATES)			
	<b>Fri. and Sat.</b> <b>12 Hours CE</b> <i>~ Best Value ~</i>	<b>Fri. Only</b> <b>6 Hours CE</b>	<b>Sat. Only</b> <b>6 Hours CE</b>
<b>Dentist</b>	\$410.00	\$245.00	\$245.00
<b>New Dentists</b> <small>Grad 2021, 2022, 2023</small>	\$260.00	\$160.00	\$160.00
<b>Denturist</b>	\$235.00	\$150.00	\$150.00
<b>RDH/RDT</b>	\$235.00	\$150.00	\$150.00
<b>CDA</b>	\$185.00	\$135.00	\$135.00
<b>Office Personnel</b>	\$185.00	\$135.00	\$135.00

**Early Bird prices in effect until March 31 at midnight.**  
**Prices increase by \$25.00 on April 1**

### REGISTRATION FEE INCLUDES:

- 6 CE credits each day
- Continental Breakfast + Buffet Lunch
- Supplier Trade show throughout the weekend
- Trade Show Reception held on Friday at 4:00 pm

**Hotel rooms available at Crown Isle Resort.**  
**Group rates available until March 15 2024.**  
**Book early to avoid disappointment.**



**SAVE THE DATE**  
**UIDDS Fall Conference**  
**Saturday October 5th 2024**  
**Qualicum Beach Civic Centre**

## STEPHANIE BOTTS



*Ms. Stephanie Botts has been a clinical dental hygienist for over 15 years and currently practices in Denver. She is a Certified Ergonomics Assessment Specialist providing both in-office and virtual ergonomics consulting and coaching to dental professionals through her company, Polished Posture. Her experience as a clinical dental hygienist and ergonomics expert has allowed her to recognize the unique challenges of practicing pain-free in the dental setting. Stephanie believes that by learning effective strategies to optimize proper ergonomics both inside and outside the operatory, dental professionals can practice pain-free and ensure career longevity.*

*Stephanie is also passionate about the dental professionals' role in a patient's overall health. She has spoken at the Denver Cardiology Summit, advising physicians and cardiologists about the oral/systemic link and the damaging effects of medication-induced dry mouth. Stephanie is excited to provide information about substance use disorders and how to communicate effectively with patients and team members about this condition.*

*She also provides CE to dental and dental hygiene associations on the topic of ergonomics, substance use disorder and chemical dependency.*

## PERFECT POSTURE MECHANICS

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Friday April 12 12:30 to 3:45 Ballroom

3 CE

The dental profession is at high risk for musculoskeletal disorders (MSD), with up to 96% of practitioners reporting pain due to clinical work habits. This is due to repetitive movements, bending, twisting, reaching, incorrect operator and patient positioning, and performing repetitive movements in a static posture.

Ergonomics is the science of fitting the working environment to the practitioner, instead of forcing one's body to acclimate to the environment. Practicing proper ergonomics can increase productivity, decrease pain, and lengthen one's career. Allowing the individual to practice pain-free, ergonomics can increase the quality of one's life and work satisfaction.

At the conclusion of this course, participants will learn ergonomic techniques, stretches and equipment choices to allow them to practice pain-free.

Course objectives:

- Identify unique cumulative stress and musculoskeletal disorders that affect dental professionals
- Incorporate improved ergonomics and stretches into daily life
- Review patient and operator positioning to improve ergonomics and reduce pain
- Assess ergonomic equipment to maintain proper positioning

## THE DENTAL PROFESSIONAL'S ROLE IN SUPPORTING PATIENTS WITH SUBSTANCE USE DISORDER

CO-SPONSORED BY:



Saturday April 13 12:30-3:45 Silver Room

3 CE

According to recent studies, about 1 in 12 adults in America have an active substance use disorder. In addition, about 30% of adults misuse substances without showing any outward signs of a disorder. Research indicates that substances have a detrimental effect on one's health, including oral health. The dental professional can play a vital role in supporting patients with substance use disorder. Oftentimes dental providers are the health care professionals spending the most one-on-one time with patients. Therefore, they are able to screen and advise patients on this issue. With the right skills and confidence, dental professionals can serve as the first line of defense against risky substance use.

At the conclusion of this course, participants will be able to:

- Understand substance use disorder as a treatable medical condition
- Understand opioid use disorder and alternative therapies to control pain
- Identify how a substance use disorder progresses
- Recognize the physical and psychological changes consistent with substance use disorder
- Communicate effectively with patients and team members about substance use disorder

## FEATURED LECTURE:

### DR PHOEBE TSANG



*Dr. Tsang obtained her DMD from UBC and specialized in Pediatric Dentistry. She has a passion for teaching and is a clinical associate professor at the UBC Faculty of Dentistry teaching at both UBC and pediatric dental graduate students at BC's Children's Hospital. She has pioneered a research project at Children's Hospital to improve access to care and dental experience for patients with autism and her research has been published in the Journal of Clinical Pediatric Dentistry. She is actively involved as an examiner with the Royal College of Dentists of Canada in administering qualifying exams for pediatric dentists.*

*Dr Tsang received the BCDA merit and distinguished service awards in recognition of her care for children with special needs and her role in the Save a Smile Charity. She is also a member of the American College of Dentists and the International College of Dentists. Dr. Phoebe Tsang has been a pediatric dentist in Fraser Valley for 15 years. She has extended her dedication for children's dentistry in Metro Vancouver recently. She also has a satellite practice in Whitehorse which serves the needs of the remote communities in the North.*

## ONE SIZE DOESN'T FIT ALL – COMPREHENSIVE TREATMENT PLANNING FOR PEDIATRIC PATIENTS

Saturday April 13 8:30 to 11:45 Silver Room

3 CE

Children are not simply miniature adults, a fact that is particularly relevant in pediatric dentistry. There are numerous subtleties that can influence the outcome of your treatment plan.

This presentation will explore how various factors specific to a child's situation, such as medical history, caries risk, and social background, are crucial in shaping treatment decisions. We will examine the range of options for both surgical and non-surgical caries management, offering versatility and adaptability in treatment plans to meet the diverse expectations of parents, particularly in contrasting urban and remote environments. Additionally, we will share insights on how employing different behaviour guidance techniques can significantly enhance the success of your treatment plan.

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## FEATURED LECTURE:

### DR SAMSON NG



*Dr. Samson Ng is a Canadian and American Board certified oral medicine specialist and oral & maxillofacial pathologist. He is currently appointed as clinical associate professor at the University of British Columbia, and staff at the Department of Dentistry, and research clinician at the Department of Otolaryngology of the Vancouver General Hospital.*

*Dr. Ng also operates a private practice which provides comprehensive oral medicine and pathology consultations, with a special interest in oral mucosal and temporomandibular joint diseases.*

Saturday April 13 12:30 to 3:45 Ballrom

3 CE

## PART 1: LUMPS AND BUMPS : MASTERING THE FUNDAMENTALS

Please join us for this interactive seminar designed to review oral lesions and dental therapeutics that oral care providers commonly encounter in a community practice. This seminar will reinforce the chair-side techniques for head & neck and intra-oral examinations. Techniques for written and photo documentation of oral lesions will also be discussed. The visual presentation and hands-on demonstrations of adjunctive evaluation tools will definitely make these topics interesting and educational. Topics include common benign oral lesions, the uncommon but need-to-know lesions, and microbial infections.

### Learning Objectives:

- Learn to consolidate the clinical technique of performing an extra-oral and intra-oral soft tissue examination.
- Learn to diagnosis and treat non-odontogenic oral lesions commonly identified in a community setting.
- Recognize oral lesions/entities that should be 'red flagged', and discuss the proper initial management.
- Learn to improve your record keeping for both patient care and integrity of your work, should it come into question.

## PART 2: ADDRESSING THE RISE OF HPV-RELATED HEAD AND NECK CANCERS-WHAT ACTIONS ORAL HEALTH PROFESSIONALS CAN TAKE TOWARDS PREVENTION

### Learning Objectives:

- Discuss HPV-related Head and Neck Cancer landscape in Canada.
- Discuss the latest clinical data, recommendations and Medical Societies position statements on HPV prevention.
- Discuss how dentists and dental hygienists can integrate HPV prevention recommendations in their clinical practice.

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The Voice of BC Dentists

## FEATURED LECTURE:

### BCDA



**Dr Salima Dadani: Director, Member Support, BCDA**

*Dr. Salima Dadani's journey in dentistry over the last 23 years has included being an Associate, practice owner, and owner of an innovative business that brings the dental clinic to patients who can no longer get to their traditional dentist. Dr. Dadani is currently a Director, Member Support with BCDA and has a strong commitment to volunteering, including BCDA's Geriatric Dentistry Committee.*



**Dr Michelle Lauwers: Director, Member Support, BCDA**

*Dr. Michelle Lauwers earned her Bachelor of Science from SFU and Doctor of Dental Medicine from UBC. She began her dental career as a CDA and following completion of her DMD, she worked both as Associate dentist in private practice and as a sessional dentist for Vancouver Coastal Health, providing dental care to underprivileged children. Dr. Lauwers is currently a Director, Member Support at BCDA and continues her clinical practice with public health.*



**Jenny Greenwood: Practice Advisor, BCDA's Member Support team**

*Ms. Jenny Greenwood has over 20 years of combined experience in the dental profession as a CDA, Dental Receptionist, and Dental Assisting Educator. Jenny advises members and their staff on topics and issues such as employment standard, regulation, insurance, and practice management. Jenny is also a mediator, assisting in disputes between patients and dentists.*

Friday April 12 8:30 to 11:45 Ballroom **3 CE**

## **PART 1: CLEAR ON CODES - DECIPHERING PROCEDURE CODES THROUGH MEMBER INSIGHTS (1.5 HOURS)**

Dive deep into dental procedure codes with our "Clear on Codes" session. We'll address the most pressing questions and real-life scenarios to help ensure your billing practices are both ethical and accurate. Designed for dental professionals at any stage of their career, this session is filled with actionable insights and practical solutions.

## **PART 2: HANDLING COLLEGE COMPLAINTS & LAWSUITS (1.5 HOURS)**

### **LIMITED TO DENTISTS**

The second session focuses on the intricacies of managing College complaints and the stress associated with potential lawsuits. Hear firsthand accounts of real complaints, invaluable insights and recommendations gleaned from legal experts, and learn how to cope with the associated stress as well as how BCDA can support you. Ask your questions and leave with a comprehensive understanding of how to navigate these challenging situations.

## **PART 2: OFFICE COMMUNICATION 101: HOW TO HAVE DIFFICULT CONVERSATIONS(1.5 HOURS)**

### **SUITABLE FOR ENTIRE DENTAL TEAM**

Master the art of difficult conversations in the workplace using real-world case studies to help you develop a robust communication framework. Topics covered include informed consent, billing and insurance complexities, handling negative comments in-person or on social media, managing overdue accounts, and effective scheduling.

## FEATURED LECTURE: DR. ROLF MAIJER & ANNELISE THORNTON



*Dr. Maijer has 50 years of clinical experience in the fields of pediatric dentistry and orthodontics and has an ongoing interest in the prevention and management of chronic pain and jaw joint disorders. Today, his clinical practice is limited to sleep, breathing and bruxism in children and adults.*

*In both professional and academic settings, Rolf has been known to challenge colleagues and students to maintain a broad vision. He often cautions them, "If you're a carpenter, all you see are nails." He has lectured in over 14 countries on topics including orthodontics, practice management, and sleep disordered breathing in children.*



*Annelise is an expert in the field of sleep dysfunction and fatigue. She can remember struggling with sleep issues since she was a child. Annelise is typical of a patient who "falls through the cracks" of sleep medicine. Armed with a keen sense of observation and a population health approach, she set out to start filling those cracks. Her goal has been to shift the conversation away from medicine's "sleep disorder" approach to a prevention-oriented, "sleep health" approach.*

*She founded Population Sleep 15 years ago, which has led to consulting gigs from East Texas to South Africa working on the front lines of industry as well as with professional and Olympic athletes. Today, she works with her husband in his sleep and pain focused orthodontic practice in Victoria, BC.*

## NAVIGATING THE WAVES OF BRUXISM: A 2024 UPDATE

Saturday April 13 8:30 to 11:45 Ballroom

3 CE

Following the COVID pandemic, there has been a dramatic increase in bruxism and fractured teeth. Although dentists routinely place splints, there is considerable controversy about their efficacy in treating bruxism and TMD. Some systematic reviews and meta-analyses conclude that oral appliances are a valuable treatment strategy while others declare that there is insufficient evidence to support the use of splints over no therapy or other treatment modalities.

Given that most of us deliver splints for bruxism and TMD, what can we do to ensure that our treatment achieves the intended results? How do we navigate the ship so that our bruxism and TMD patients safely reach calmer waters?

In this lecture, Rolf and Annelise will take the audience on a bruxism journey from the patients' point of view. They will explain why silos are the antithesis of patient-centered care and how dental teams can incorporate simple systems to ensure optimal outcomes. New treatment modalities – including rehabilitative, complementary, and interdisciplinary approaches – will be presented. And Rolf will share key lessons on how to minimize risks and prevent iatrogenic consequences associated with oral appliance therapy.

## FEATURED LECTURE:



# DENTAL EQUIPMENT MAINTENANCE AND REPAIR: A HANDS-ON WORKSHOP FOR THE DENTAL TEAM 3 CE

Friday April 12 8:30 to 11:45 Copper Room | Friday April 12 12:30 to 3:45 Copper Room

*(Same lecture offered twice)*

PLEASE NOTE there is an **extra \$50 fee** to attend this session  
Space is limited- register early

Is your practice's efficiency and productivity affected due to equipment malfunctions and breakdowns? Would you like to reduce repair costs and improve your skills in basic equipment assessment, maintenance and repair? Prolong the life of your equipment with these simple maintenance tips and techniques. With the knowledge and hands-on experience gained in this continuing dental education course, you will be able to identify and address basic maintenance requirements for both large and small equipment.

### Learning Objectives:

- Identify and address basic maintenance requirements for both large and small equipment.
- Describe some of the most common problems associated with specific pieces of equipment.
- Define the equipment maintenance requirements for your dental office.
- Identify the cleaning and disinfection solutions recommended for use on your dental equipment.
- Hands-on training on common large and small equipment

**QUESTIONS?**

**Visit [uidds.com](http://uidds.com) or email**

**[uidds1@gmail.com](mailto:uidds1@gmail.com)**



## FEATURED LECTURE: DR PIO MODI

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*Dr. Modi is proud and honoured to be on the teaching faculty of The Dawson Academy which is one of the most reputable and influential dental academies in the world. He serves within the academy as a Teaching Assistant and also as a resident implant expert. Dr. Modi is a member of several prestigious Dental Associations including the American Academy of Cosmetic Dentistry, Canadian Academy of Restorative Dentistry and Prosthodontics, and the Ontario Dental Association. He has completed hundreds of hours of continuing education programs to further develop and advance his skills in cosmetic, implant, functional and reconstructive dentistry, and he has studied with some of the best educators in the industry. He has taught internationally and has recorded educational videos that are featured on the Dawson Academy and American Academy of Cosmetic Dentistry websites.*

*In his spare time he loves to spend it with his family and friends, and enjoys many outdoor activities including skiing and playing tennis.*

## MASTERING RESIN RESTORATIONS

3 CE

Friday April 12 8:30 to 11:45 Silver Room

Dentistry has advanced tremendously in all fields with dentists being able to provide more and more procedures. However, at the core of dental procedures provided are your classic resin restorations. A treatment modality that is often overlooked and taken for granted but is so important to be proficient at in daily practice. This course will be an exciting look at ways to create exquisite resin restorations for both posterior and anterior teeth, with practical step-by-step approaches taught throughout. Clinical cases will be shown.

Learning Objectives:

1. Layering and Contouring -- Techniques to use with building the restoration.
2. Building the Anatomy -- Final considerations with the development of specific anatomical features.
3. The Perfected Contact -- Establishing Ideal Contacts, especially in difficult situations.
4. Creating Esthetic Restorations -- Techniques and tips to build seamless and beautiful restorations.

## HANDS ON TRAINING WORKSHOP

Friday April 12 12:30-3:45 Silver Room

3 CE

Implementing the techniques and lecture topics taught for both posterior and anterior tooth. *Must attend morning lecture to participate in hands-on training.*

PLEASE NOTE there is an **extra \$50 fee** to attend this session  
Space is limited- register early