



NU CHAPTER SIGMA PHI ALPHA DENTAL HYGIENE HONOR SOCIETY NEWSLETTER MARCH 2015 - Sixteenth Issue

Congratulations to our 2015 Inductees



Left to right: Dr. Michael Britt, Kathryn Kupczk, Rita Numan, Elizabeth Chislea, and Kathy Yee

Kathryn Kupczk – Senior

It is my great pleasure to introduce you to Kathryn Kupczyk.

Katie was born and raised in Chicago, IL. From a young age Katie knew that she wanted a career in healthcare. Also from a young age Katie knew that she wanted to attend the University of Michigan. Great combination! She was drawn to U-M because of its outstanding reputation, diverse culture and big

campus. As a young girl Katie worked part-time in a dental practice assisting the dental hygienist. It was

through this work experience that Katie grew to appreciate the role of the dental hygienist and started thinking about pursuing a career in dental hygiene.

Since entering into our DH program three years ago, Katie has held numerous positions in leadership, professional relations, and service. Time does not permit me to share with you all of her experiences,

but I would like to highlight several of her accomplishments and contributions to our program and school in the next few minutes.

Katie has truly embraced being a part of our professional organization. She has been an active Student Member of the American Dental Hygienists' Association since entering the program three years ago and currently is serving as vice president of the U-M Student Chapter of ADHA as well as a member of the Advisory Board. Last year Katie served as student delegate at the ADHA House of Delegates annual meeting. The summer between Katie's junior and senior year in the program she was selected to be the ADHA student intern for member services. This unique opportunity afforded Katie a chance to work directly with our national office examining the marketing and communication strategies between the national and component levels.

At the school level, Katie has been actively involved in several DH and school wide organizations. At the school wide level, Katie has represented her class on the School of Dentistry Student Council for the past three years. She also has served two of the past three years as class representative on the SoD Clinical Issues Committee. This year she was invited to participate on the SoD climate advisory committee. At the class level, Katie currently serves as the vice president of her class and has been social chair for the past three years.

Katie is somewhat of an "explorer." In her sophomore year of the program she applied for and was accepted into the Scholars Program in Dental Leadership. For those of you who might be unfamiliar with the SPDL Program, it is a school wide program with the goal of empowering those involved (dental and dental hygiene students) to envision and promote cultural changes in the realm of dentistry. The goal will be accomplished by bringing together the very best, brightest, and hardest working students with diverse backgrounds. By centering these talents on a shared goal of developing leadership skills, the program creates an environment that will serve all segments of our profession. One of the requirements of the program is to develop a project. Katie's project was entitled, "*Introduction and Integration of Digital Dentistry through the practice of the CAD-CAM LAVA Digital Impressions System to University of Michigan Dental Hygiene Students.*" If you have an opportunity this morning, please ask Katie to share the details of the project with you.

Another exploratory path Katie headed down early in the program was to earn a minor in business concurrent with a major in dental hygiene. To this day I remember Katie coming to Lisa Dodge and me expressing her interest in pursuing a minor in business. Ultimately Katie would like to combine a

career in clinical dental hygiene with corporate dental hygiene. So, as a sophomore student Katie knew that having a background in business would only strengthen her resume, improve her skill set and prepare her for this sort of a career. Prompted by Katie's request, we reached out to the Ross School of Business and inquired into whether or not it would be possible for one of our students to earn a minor in business concurrent to pursuing a major in dental hygiene. Come to find out, yes, it is and in May Katie will be the first DH student to graduate with this unique minor, hopefully open the door to other DH students to consider a similar path.

So, what does Katie do when she has free time? She enjoys exploring new restaurants, baking, fishing and hockey. Odd mix you might be thinking. Well, from a young age Katie and her sister joined their father in the boat fishing and going to sporting events, one of which was hockey games. Often Katie would come home with a stray hockey puck that flew out of the rink during the game. So what does one do with a hockey puck? Well, Katie's mom had an ingenious recycling idea and that was to put it in the freezer and use it as freezer block in Katie's lunch.

Well, the list could go on and on, but I think you get the idea of how "special" Katie has been to our program these past three years. We're going to hate to see her graduate, but know that she'll always be a true blue Michigan fan and DH alumni.

Janet Kinney

Rita Numan – Senior

I have the pleasure of introducing Rita Numan, an outstanding senior dental hygiene student. As an inductee to Sigma Phi Alpha, we recognize leadership, service, and scholarship, all of which Rita has shown during her time at the University of Michigan. Rita has shown her leadership skills as class Vice President, student member of the ADHA, delegate to MDHA House of Delegates, and represented her class on many occasions including University of Michigan Student Chapter of ADEA and class representative for 2 years. She has shown her passion for dental hygiene with her service, donating time for Donated Dental Days at Community Dental Center, Give Kids a Smile day, acted as class Historian, and various Health Fairs. Rita has demonstrated her scholarship and passion for Dental Hygiene by being a Peer Teacher and part of the Dental Educators class. She is also quite the over achiever-for her Practicum course, she had a goal of serving 100 people at a local Health Fair, she saw over 400 !

Some things you may not know about Rita is that she has lived in many parts of the world, she is a "power point genius", and she loves to swim, especially the

butterfly stroke! Rita truly deserves the honor of being inducted into the Sigma Phi Alpha Society.

Darlene Jones

Elizabeth Chislea - Degree Completion Student

It is an honor for me to introduce Elizabeth (Beth) Chislea RDH, Degree Completion E-Learning Program student who will be graduating this August with honors. She is a member of the seventh cohort of this program. Beth lives in Pewamo, MI with her husband, David, and her 10 year old son, William. She is a 1997 graduate of the Lansing Community College Dental Hygiene Program. She has worked in private practice ever since not only in the greater Lansing area but also in the Traverse City area where she lived for 14 years.

The fact that Beth has performed well academically throughout her time at the University of Michigan is only one of the reasons she is being inducted today. She has held leadership positions in the Michigan Dental Hygienists' Association and local components. She is currently serving as Trustee for Central District and is a member of the MDHA Finance Council. She has served as president and treasurer of the Northland component. In addition she has been a delegate to MDHA's House of Delegates for both Central and Northland. Beth was awarded Outstanding Hygienist for the Northland component. She is choosing to blend her education and leadership endeavors for her capstone project. For this she is partnering with MDHA to assess professional membership perceptions of dental hygienists in the State of Michigan.

Beth is a conscientious and thoughtful student and has risen as a true leader in her cohort. Since becoming a dental hygienist, she has had a goal of advancing her education with a special focus on becoming an educator. Enrolling in the U-M Degree Completion Program is providing her with the knowledge and skills to realize this.

There is no doubt Beth has a bright and promising future. Congratulations Beth, on your induction to the Sigma Phi Alpha-Nu Chapter Dental Hygiene Honor Society. We welcome you and celebrate your achievement as one of the "leaders and best."

Kathy Yee

Kathy Yee – Faculty

This is a very special day, one that I have personally looked forward to for five years. Kathy, it is an honor for me to introduce you as the Sigma Phi Alpha Nu Chapter faculty inductee for 2015. Kathy and I have known each other for close to 20 years. I first met this amazing woman shortly after she graduated from Oakland Community College's dental hygiene program in 1996. Even as a new graduate in

private practice, she was committed to students and their professional development. At that time, OCC did not have an organized student chapter of the American Dental Hygienists' Association. Being the self-starting, committed professional she is, Kathy volunteered to be their student chapter advisor. Since then OCC has had a thriving student organization. At that point, little did we all know that Kathy was carving out her destiny to become an inspirational dental hygiene educator.

Simultaneously with her mentorship of OCC students, Kathy began serving as student-faculty liaison co-chair for the Michigan Dental Hygienists' Association. Annually, she worked with the 13 dental hygiene programs in Michigan to facilitate their involvement as student delegates to MDHA's House of Delegates. Thanks to Kathy's leadership and personal connection with these students, many went on to become active members of their components and beyond.

By 2003, Kathy began serving as a clinical instructor at OCC and over the years since her graduation had been exploring a way to complete her bachelor's degree. It was the University of Michigan's good fortune that she chose to apply to our degree completion program and in 2008, she became enrolled in the first cohort of our E-Learning Program, graduating in 2009. She became part of our E-Learning faculty immediately upon graduation.

Since then Kathy has been an integral and valued part of our faculty. She has been teaching in the E-Learning Program's Community I & II courses with all subsequent cohorts. She has inspired many to continue on with their involvement in public health initiatives beyond graduation and to also pursue graduate school. She oversees the web design team for all of our online courses and assists students in gaining skill and knowledge in adjunct technology used in our programs. In addition, she serves as our recruitment and admissions coordinator for the degree completion program. She has been, and continues to be, the "face" for this program inspiring students to continue on with their education to obtain a bachelor of science in dental hygiene.

But she doesn't stop there. She is at the ready to mentor students during their capstone projects as well as being involved as a faculty advisor to graduate students during their student teaching and thesis research projects. Let me also add that she has also been involved with teaching in our entry-level program. While she was doing all of this, Kathy was completing her Master's of Public Health at Benedictine University and graduated in 2013. Also, in that year she was named Outstanding Adjunct Faculty for the Oakland Community College Highland Lakes Campus. And, as many of us here in the room know, she has balanced all of this with grace and charm while managing very challenging health issues.

Committed, dedicated, at-the-ready, spirited, determined, knowledgeable, tenacious, kind, considerate, responsive, pro-active, thoughtful, collaborative, talented....there so many positive adjectives to describe Kathy's indomitable spirit and commitment to the profession. The University of Michigan is so very blessed to have you, Kathy, on our faculty. You are a tremendous educator, role model, and very dear friend. Congratulations on your well-deserved induction to Sigma Phi Alpha Nu Chapter.

Anne Gwozdek

Dr. Michael Britt – Honorary

It is my pleasure to introduce today Dr. Michael Britt. I nominated him a year or 2 ago and finally our schedules and the stars have aligned for us to be able to induct him today. Dr. Britt graduated from U of M for both his DDS and MS. He then went on to private practice in Wyandotte. From there he worked in Hospital Dentistry at Henry Ford Hospital and then returned to private practice with 3 partners. He practiced mostly at his office in Wyandotte and Milford for 34 years.

He has been teaching on the clinic floor for 8 years as of this August. He is always very pleasant to work with in clinic. I appreciate how approachable he is for all of us hygiene faculty and how willing he is to share a teaching moment with the students. He always has a tip or trick to share on how to root plane, sharpen instruments and thoughts on bacteriology. In addition to being on the clinical floor as a periodontist, he also teaches the Perio course to our DH3 students. In his spare time, he does enjoy golf and his 2 grandchildren.

As a humorous side note, he does deserve special recognition for his office placement at the school. In order to 'interview' him for this introduction I had to roll my shared office chair back about 2 feet. He shares office space with 6 hygiene faculty-one full time and 5 of us part time. Needless to say, he gets along great with dental hygienists and we are glad to recognize him today for his ongoing support of dental hygienists.

Connie L. MacKinnon

Notes from the Secretary/Treasurer

On March 29, 2015 Nu Chapter met at 9:30am at Weber's Inn in Ann Arbor for brunch and our annual meeting/induction. There were 42 present.

The meeting was called to order at 10:35am by Vice President Allison Restauri, standing in for President Alaina Robinson. Laura Roth read the Purpose and History.

Dina Korte introduced the attending junior students: Samantha Bordener, Peter Liang, Hope Woolley and Kristen Yaw.

VP Restauri introduced special guests Danielle Furgeson, Jane Halaris and Charlotte Wyce.

VP Restauri read the qualifications for faculty membership. Anne Gwozdek introduced Kathy Yee. Then qualifications were read for senior/degree completion membership. Janet Kinney introduced senior Kathryn Kupczuk. Darlene Jones introduced senior Rita Numan. Kathy Yee introduced Degree Completion candidate Elizabeth Chislea. Qualifications were read for honorary membership. Connie MacKinnon introduced Dr. Michael Britt. New members were inducted.

The 2014 meeting minutes as written in the special email were approved.

The annual report was read by the Secretary/Treasurer Beverly Gainer.

We started 2015 with a balance in our banking account of \$2,083.62. Our Supreme Chapter dues of \$100 was sent. Five keypins - \$150.00 and five certificates - \$75 were ordered for new inductees.

The ePostcard was filed with IRS. Supreme Chapter was notified to maintain active status.

Donations were sent - \$300.00 to UofM Research Day Dental Hygiene Awards, \$225 each to Hope Clinic and VINA Community Dental Center, \$100.00 to Community Dental Center and \$150 to the Chris Klausner .

Invitations were emailed to 102 members (15 of them non dues paying members). Sixty three responses were received prior to the meeting (10 from non dues paying members). Seventeen were mailed (9 to non dues paying members). Thirteen responses were received prior to the meeting (9 from non dues paying members). \$380.00 in sponsorship money was received.

One sheet of stamps - \$9.80 was purchased to send correspondence, 50 Agenda's were printed at FedEx for \$18.01. Prior to the brunch, paying for the brunch and the cashing of the Chris Klausner Scholarship fund check our account has \$2,601.62 in it.

Old business:

Lisa Dodge is working with linking SPA-Nu to the UofM DH Website and adding our Membership List and our Purpose and History to it.

Susan Taichman spoke about Research Day and the award recipients. She thanked SPA-Nu for the annual donation.

Patricia Walch will continue to maintain the scrapbook.

Melva Baxter continues to provide dental hygiene items to the Sindecuse Museum and shared with us items she has discovered at her home.

Beverly Gainer will continue with the Newsletter and email as many as possible to keep cost in check. This becomes a problem when email providers are changed and we aren't informed. (This can be done by contacting Bev bgainer@wowway.com.)

Anne Gwozdek will continue to be our contact with the *DentalUM*.

We decided to maintain the \$300 donation to Research Day, the \$225 to Hope Clinic, the \$225 to VINA Community Dental Center and the \$150 to the Chris Klausner Scholarship fund but increase the \$100.00 donation to Community Dental Center to \$225. This was approved.

This year we gathered non-perishable items for Food Gatherers. Dina Korte will deliver them.

New Business:

The meeting date for 2016 was set for March 19th, continuing at Weber's Inn with the same menu.

Anne Gwozdek nominated Shannon O'Dell for Honorary member. Ellen Voss nominated Patricia Jablonski. Darlene Jones nominated Dr. Bonita Neighbors. Shannon O'Dell was approved for induction in 2016.

VP Allison Restauri stepped up to be President. Jennifer Forgacs agreed to run for the office of Vice President. There were no other nominations from the floor. Jennifer was approved for the position. In the absence of the outgoing President, Alaina Robinson, Past President Laura Roth swore them in. Beverly Gainer will remain as Secretary/Treasurer.

Meeting adjourned at 11:55am.

WINNERS OF THE DENTAL HYGIENE RESEARCH DAY AWARDS

1ST PLACE

Dental Students' Perspectives of Dental Hygiene Peer Teaching: An Exploration

Jamie Bilk and Sally Ammar, Advisor Martha McComas 1st place

Purpose: Recent efforts to increase interprofessional collaboration between dental care providers and other health care professionals draws attention to the interactions between dentists and dental hygienists. In educational settings with a dental school and a dental hygiene program, the question arises how dental students interact with dental hygiene students in clinical settings. The objectives of this study were to explore how dental students in the four different years of their program perceive (a) the role of dental hygienists, (b) the degree to which dental and hygiene students are interacting, (c) how dental students prepare their patients when referring them to a hygiene student, and (d) how they evaluate the potential of having dental hygiene students as peer teachers for dental students. In addition, the responses of second year dental students who actually had experienced peer teaching from dental hygiene students will also be analyzed.

Methods: Data was collected from 111 first year D1 students, 99 D2 students, 101 D3 students and 50 D4 students. Surveys were collected at the end of regularly scheduled classes. One survey was used for the D1, D3 and D4 students. This survey consisted of four parts. Part 1 inquired about the students' background. Part 2 consisted of one question concerning how important the role of dental hygienists is, and questions concerning which aspects of the patient care dental hygienists can be involved in, and which patients they are able to treat. Part 3 included questions concerning the dental students' interactions with the dental hygiene students and the dental hygiene students' integration into the clinical setting. The final part asked the students to evaluate the possibility of having dental hygiene students as peer teachers. The D2 students received a survey with these same questions plus additional 5 questions that asked them to evaluate their experiences with having had hygiene students as peer teachers in the clinics. Findings: All students rated the importance of dental hygienists as members of the dental team as high (on a scale from 1= lowest to 5 = highest importance: 4.76). However, the responses of the students in the four dental school years differed significantly concerning which dental procedures hygienists can perform and which patients they can treat. D1 students named fewer types of treatment and fewer types of patients for which hygienists can provide care than students in the upper cohorts. Overall, dental students were rather positive concerning interacting and collaborating with dental hygiene students in the clinics. However, when specifically asked about their own interactions, 46% of the D3s

and 12% of the D4s did not know that dental hygiene students were available to see their prophylaxis or periodontal maintenance patients. The majority perceived that they could benefit from dental hygiene peer teaching concerning prophylaxis (69%), oral hygiene instructions (67%), and scaling and root planning (58%). However, lower percentages agreed that they could benefit when performing local anesthesia (25%) and treatment planning (28%). Eighty-eight percent of the D2 students had experienced dental hygiene peer teaching in their periodontics rotation. They evaluated these interactions as very helpful. They considered the dental hygiene students as knowledgeable peer teachers (On a 5-point scale with 5 = most positive response: Mean = 4.29) and as skilled in demonstrating procedures (Mean = 4.29). In conclusion dental students were not fully aware of the scope of practice of the dental hygienists or aware of their scope of practice. They were open to peer teaching experiences. Raising future dentists' awareness concerning the expanded role of dental hygienists is important. Experiencing dental hygiene students as peer teachers might be one opportunity to increase future dentists' appreciation of the role of dental hygienists as members of the dental team.

2ND PLACE

Oral Health Education in Long Term Care Facilities'
Rachel Swanson and Lauri Cladera,
Advisor: Darlene Jones

Objective: Oral health education is becoming increasingly important in many health care settings. As new data concerning oral hygiene habits arise, the need to educate the community health centers around us increase. Currently, the literature supports that there is gap of knowledge between the staff at LTC (long-term care) facilities when providing oral health care. Because of the growing number of geriatric patients being admitted into nursing homes, it is vital that more research be done on oral health education amongst staff.

Methods: A paper survey containing 13 questions was distributed concerning characteristics of the LTC facility and questions based on how well the staff think they perform in oral hygiene routines. A survey was mailed to 18 directors of long-term care facilities in the Southeast region of Michigan. Recipients were given a month's time to respond via a stamped self-addressed envelope. Data was then entered into an excel spreadsheet and analyzed using SAS. Review Results: There is a sufficient amount of literature that supports and addresses the gaps between oral health care in long-term care facilities and the lack of knowledge that allows nursing staff to be competent enough in oral health education to deliver and maintain effective oral health care. Conclusion: Our

research indicates that there is a lack of knowledge when it comes to giving oral health care. Oral education by dental staff has been shown to improve knowledge within these LTC facilities.

TABLE CLINIC

Comparing Vegetarian and Non-Vegetarian Diets: A Review of the Evidence and Implications For
Stephanie Denn Jessica Cordell,
Advisor: Susan Taichman

Introduction: There is little to no information on the correlation between periodontal disease or other oral conditions and living a vegetarian lifestyle. Learning if there is a connection could help dental professionals develop personalized treatment plans and better connect with their patients. Methods: A literature review was conducted examining original articles on health effects of being a vegetarian and its impacts on the oral cavity. The search within the electronic database PubMed resulted in literature on periodontal disease, nutritional effects of being a vegetarian, and diet effects on dental disease however there were very few studies. Review Results: There is a need for research to be conducted directly comparing the effects of a living a vegetarian or non-vegetarian lifestyle in regards to oral conditions. Many different studies are addressing the multifactorial risk factors of periodontal disease and tooth decay however there needs to be consistent data addressing dietary lifestyles rather than just starchy carbohydrates and sugar choices. Conclusion: The available studies that are examined throughout this literature review provide basic evidence of the advantage of choosing a vegetarian lifestyle not only for your oral health but also overall health. Additionally more data is required to accurately determine whether one type of dietary lifestyle is more or less susceptible to periodontal disease and tooth decay.

YOUR 2015 - 2016 OFFICERS



LtoR: President Allison Restauri, Vice President
Jennifer Forgacs, Secretary/Treasurer Beverly Gainer