



LEVEL UP

MAHONEY STATE PARK
ASHLAND, NEBRASKA

2024 NDHA ANNUAL
SESSION

APRIL 26-27, 2024



TAKING NDHA TO THE NEXT LEVEL!

The 2024 NDHA Annual Session is dedicated to providing all Nebraska dental hygienists, dentists, and dental assistants with the most up-to-date information and continuing education practices. Through interactive lectures and sessions, participants will be able to learn the latest techniques and best practices. Networking opportunities are available to provide the opportunity for colleagues and professionals to network and exchange ideas on research, clinical practice, and products.

Take part in meaningful conversations, learn from presenters, and become part of the larger Nebraska dental hygiene community.

CONFERENCE LOCATION

Located at the beautiful [Eugene T. Mahoney State Park](#), which is conveniently situated between Omaha and Lincoln, the Crete Carrier Riverview Lodge is a 11,600-square-foot, multi-function event space that takes advantage of a stunning hilltop location overlooking the Platte River Valley. The event hall and large patio provide sweeping panoramic views and room for up to 300 guests. State-of-the-art amenities are blended thoughtfully to provide a unique event experience.

Crete Carrier Riverview Lodge

Eugene T. Mahoney State Park - 28500 W. Park Highway | Ashland, NE 68003

Book your lodging before
March 25!

A block of cabins has been reserved at Mahoney State Park for conference attendees (2 night minimum required). There are cabins with 2+ bedrooms available, so connect with your friends and book together or bring the family for a weekend getaway!! Contact Mahoney State Park directly at 402-944-2901 (Monday-Friday 8:00 am - 4:30 pm) to reserve your cabin before March 25, 2024, to book your room!

A hotel room block is also available at the Hampton Inn & Suites Omaha - Southwest La Vista with a room rate of \$140 + tax.

To reserve in this block use code NDHA or follow this link: [Available Rooms - Hampton Inn & Suites Omaha Southwest-La Vista \(hilton.com\)](#)

Additional Lodging options nearby: The Roost Bed & Breakfast and Kimberly Creek Retreat

LEVEL UP BY BECOMING A MEMBER!

Through NDHA membership, you will help to secure a future for dental hygiene. We are working to protect the value of your educational credentials and to preserve the integrity of your license. Only through uniting in one voice can we continue to represent dental hygienists successfully at the National, State and Local levels. Your membership will provide you with the opportunity to apply for various types of insurance - professional liability, disability, and major medical - less than you can purchase on your own.

VISIT [NEDHA.ORG](#)
AND BECOME A MEMBER TODAY!





AGENDA

Thursday, April 25, 2024

- 6:00 PM - 8:00 PM - NDHA Executive Board Meeting

Friday, April 26, 2024

- 8:00 AM - Registration Open
- 8:30 AM - Welcome & Opening Remarks
- 8:35 AM - 9:30 AM - AI Wizardry for Dental Trailblazers (1 CE) - Presented by: Tiffany Wuebben - The Hygienpreneur
- 9:30 AM - 10:30 AM - Unleash The Superhero Hygienist Within (1 CE) - Presented by: Tiffany Wuebben - The Hygienpreneur
- 10:30 AM - 11:30 AM - Getting Real with Reels (1 CE) - Presented by: Jerry RDH
- 11:30 AM - 12:30 PM - Student Presentations, Meet & greet with Jerry RDH & Vendor Time (1 CE)
- 12:30 PM - 2:00 PM - NDHA Awards Luncheon and General Membership Meeting
- 2:00 PM - 3:00 PM - Mega Issues Session (1 CE)
- 3:00 PM - 5:00 PM - From Chaos to Calm (2 CE's) - Presented by: Janiece Ervin
- 5:00 PM - Installment of NDHA Officers
- 5:15 PM - Smile, Sip & Socialize! Beverages and light hors d'oeuvres will be served.

Saturday, April 27, 2024

- 8:00 AM - Registration Open
- 8:00 AM - 10:00 AM - Dentistry Rebalanced: Ergonomics and Movement Workshop (2 CE's) - Presented by: Whitney Crist
- 10:00 AM - 11:00 AM - 5 Ways to spot a Myofunctional Disorder (1 CE) - Presented by: Patricia Brinkman-Falter
- 11:00 AM - 1:00 PM - Next Level Hygiene: Featuring Periodontitis and Gingival Recession (2 CE's)

Presented by: Melissa Lang, DDS, MS

- 1:00 PM - Adjourn



Speaker: Tiffany Wuebben - The Hygienepreneur
Friday, April 26th
Sponsored by:

Bio: The practice of dental hygiene is undergoing a revolution! At The Hygienepreneur, we focus on key strategies and tactics of practice that have the power to significantly up-level any hygiene department no matter where it falls on the spectrum. We are driven to support our doctor's and their teams as we help transform hygiene departments everywhere into becoming a "practice within a practice" to promote a "triple-win" scenario for the patients, the practice and the providers of care.

As the Founder and CEO of The Hygienepreneur, Tiffany Wuebben, RDH is a published Author and Speaker and is dedicated to serving the dental community in a big way! Tiffany's influence empowers the dental team to practice with an "ownership attitude" which leads to better clinical outcomes, higher case acceptance and more productivity for the practice. This solid base starts with mentorship, education and training.

Tiffany is the Author of the 2021 book, "Hygienepreneur: The Dental Hygienist's Guide to Achieving Career Success & Personal Transformation." The book outlines twenty-five key lessons for becoming the ultimate dental hygienist, one who provides the highest level of patient care, contributes significantly to practice revenue and gains new insights into mastering their destiny.

With 30 years of dental experience, Tiffany is vested in practice and patient success through the growth and support of a highly profitable hygiene department. She has a unique passion for the field of dentistry and believes in giving back to the profession that has given so much to her.

Tiffany is grateful to be able to spread this message to others and provide training and guidance. "For The Love Of The Patient, The Practice & You!"

AI WIZARDRY FOR DENTAL TRAILBLAZERS: UNLEASHING YOUR PRACTICE SECRET WEAPON

Speaker: Tiffany Wuebben - The Hygienepreneur
Friday, April 26th - 8:30 AM - 9:30 AM

Course Description:

In this innovative and captivating course, we dive into the realm of AI in dentistry. Discover how these clever "robot" assistants can combat various challenges, promoting positive outcomes that elevate your practice to new heights. We will explore how AI enhances time management, supports patient care, combats staffing shortages, reduces team stress, and preserves the vital personal connections that drive success in dentistry. In this course, we'll emphasize the importance of maintaining personal connections in dentistry while leveraging AI's capabilities to streamline processes and boost productivity. Embrace the future of dentistry while preserving the power of human interaction, ensuring your practice thrives in this ever-evolving landscape.

Objectives (Continued)

1. Explore how AI-powered assistants can take on tasks that dental professionals don't have the time or energy for, freeing up valuable resources to focus on patient care and better support the dental team.
2. Interpret the benefits of having a dedicated AI assistant who ensures every aspect of a duty is observed with unmatched attention to detail, resulting in improved task performance and outcomes.
3. Discover how AI assistants can alleviate the strain caused by staffing shortages, seamlessly completing tasks that would otherwise require additional personnel. Gain insights on how AI can become an invaluable member of your team.
4. Examine the remarkable impact of AI in simplifying and expediting tasks, leading to reduced stress levels among team members. Evaluate how job satisfaction soars when faced with well-executed, efficient workflows enabled by AI.

UNLEASH THE SUPERHERO HYGIENIST WITHIN: MASTERING THE ART OF PATIENT ASSESSMENT AND EMPOWERING TRANSITIONS FROM PROPHY TO PERIO

Speaker: Tiffany Wuebben - The Hygienepreneur

Friday, April 26th - 9:30 AM - 10:30 AM

Course Description:

In this action-packed course, we will explore the profound connection between delivering high-quality periodontal care and departmental success. By uncovering the power of perio, you will understand the significant impact it has on patient satisfaction, revenue growth, and overall practice performance.

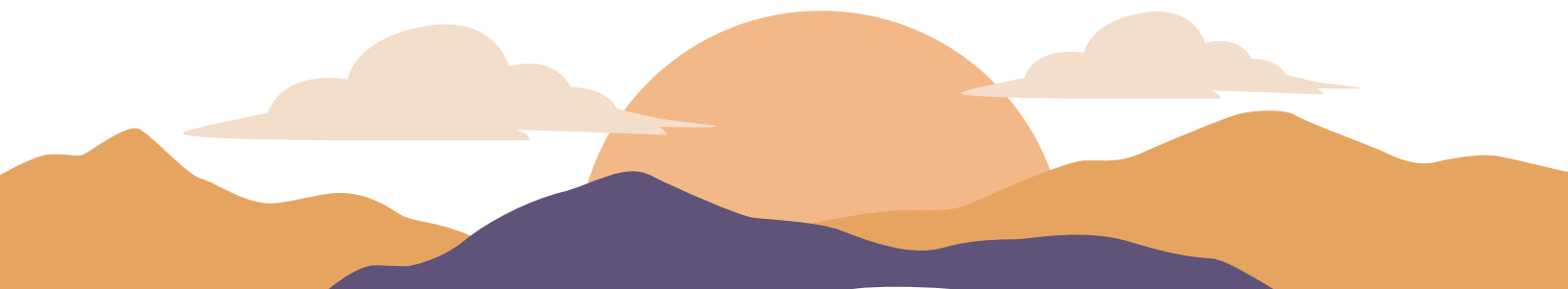
With a focus on mastering the art of patient assessment, you will develop the necessary skills to assess patient risk factors and tailor treatment plans for improved oral health outcomes. Through engaging lessons and practical exercises, you will gain the confidence to identify specific oral health needs and provide personalized care to each patient.

Furthermore, you will learn how to become a master communicator, guiding patients through the crucial transition from prophy to perio. By practicing effective communication techniques, you will empower patients to make informed decisions and take charge of their oral health journey.

Join us on this exciting adventure to unleash the superhero hygienist within you. Harness your superpowers of patient assessment, communication, and empowerment, and revolutionize the way you deliver dental care as a true Dental Avenger!

Course Objectives:

1. Identify the indisputable connection between delivering high-quality periodontal care and the success and profitability of a dental hygiene department.
2. Demonstrate the necessary skills to assess patient risk factors, enabling dental providers to tailor treatment plans for improved oral health outcomes that contribute to the growth and increased revenue of the hygiene department.
3. Practice the communication skills to guide patients delicately and effectively through the transition from prophy to perio, leading to proper patient treatment and accurate perio percentages for the practice.





LET'S GET REAL WITH REELS

Speaker: Jerry Ounjian or @Jerry RDH
Friday, April 26th - 10:30 AM - 11:30 AM

Course Description: Jerry will showcase reels from his successful social media channels, providing insights into the purpose behind their creation. While many of these posts and reels carry a humorous and sometimes outlandish tone, they are rooted in reality. Jerry will delve into the potential challenges associated with working in dental hygiene, offering practical tips and tricks to navigate these obstacles and handle difficult patients. Attendees will gain a sense of camaraderie, realizing that they are not alone in facing these challenges, as similar situations occur daily in dental offices worldwide.

Objectives:

1. Understand the value of social media in connecting and creating community for dental professionals
2. Realize the significance of incorporating humor to navigate difficult scenarios in the workplace
3. Identify approaches to address the daily challenges faced by dental hygienists

Bio: Jerry is a Fresno City College graduate with 12 years of experience as a dental hygienist. Eight years ago, he ventured into the world of social media, specifically focusing on dentistry-related content. Recognizing a gap in the market and the potential for both humor and thoughtful dialogue, Jerry founded the accounts Dentistry Humor and JerryRDH. Over the years, his social media presence has grown significantly, amassing a combined 327K followers on his Instagram accounts, 78K on TikTok, and 356K on Facebook. What started as a personal endeavor unexpectedly evolved into a thriving community for dental professionals to come together, share laughs, and engage in meaningful conversations.



FROM CHAOS TO CALM: ACHIEVE WORKPLACE WELLNESS THROUGH EFFECTIVE COMMUNICATION

Speaker: Janiece Ervin

Friday, April 26th - 3:00 PM - 5:00 PM

Course Description: In today's demanding work environments, emotional triggers, and stress can often lead to disarray and negatively impact employee well-being. "From Chaos to Calm," equips individuals with the vital skills and insights needed to attain workplace wellness by enhancing their communication abilities. The course focuses on practical strategies to maintain emotional control during challenging circumstances. By nurturing emotional intelligence and refining communication skills, dental professionals will be better equipped to handle their imperfect and demanding workplace scenarios by fostering a personal environment of greater control and positivity. Ultimately, Janiece aims to provide participants with the necessary tools to navigate workplace challenges gracefully, with empathy and effective communication. By promoting emotional regulation and nurturing healthy communication habits, this course supports individuals in experiencing improved well-being, increased productivity, and enhanced job satisfaction in their personal and professional lives.

Objectives:

1. Pinpoint your emotional triggers
2. Gain insight into your communication style
3. Develop strategies to increase workplace wellness

Bio: As a clinical dental hygienist, speaker, and business owner, Janiece C. Ervin RDH, BSDH is focused on the prevention of workplace disengagement. She believes that all dental professionals have the power to create a workspace that they enjoy waking up to each day.

Janiece is a vocal advocate for professionals to find joy in their daily workspaces. Her commitment to promoting workplace engagement extends to her role as a certified workplace wellness specialist. She designs impactful wellness programs, contributing to a positive and harmonious work atmosphere. As a visionary entrepreneur, Janiece has founded multiple businesses that embody her principles. From Den Smiles, a travel dental hygiene company providing opportunities for hygienists to combine work and play, to a national educational platform the den study club, and the ultimate dental community resource, the Den List. Janiece is an active contributor to the dental community as a published author and volunteer with the Colorado dental hygienists' association.



DENTISTRY REBALANCED: ERGONOMICS AND MOVEMENT WORKSHOP

Speaker: Whitney Crist

Saturday, April 27th - 8:00 AM - 10:00 AM

Course Description: It is well established that dentistry takes a toll on the body with many professionals struggling with musculoskeletal disorders – often shortening clinician’s careers and impacting their overall life. This interactive course will explore solutions to dentistry’s pain problem. The first segment will cover proper ergonomics and achieving neutral posture, featuring a demonstration utilizing a dental operator chair. Subject to available time and attendance participation, an opportunity to engage in hands-on application with the operator chair may be offered. In the following section, participants will engage in a 30-minute Essentrics® workout designed to help rebalance the muscles of the body. This session will seamlessly integrate educational elements beneficial for dental professionals - offering insights applicable both in and out of the operator. Read on for a full description of the Essentrics® Aging Backwards® class:

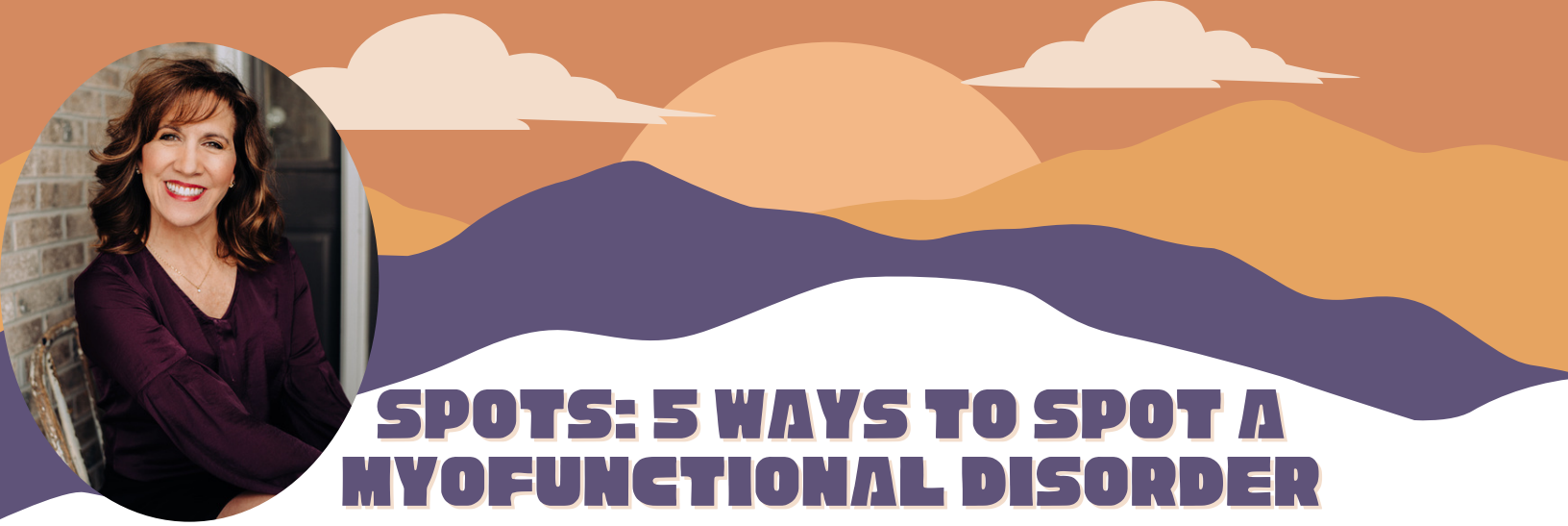
Essentrics® is a full-body workout that rapidly develops strong, lean, and flexible muscles through a dynamic and fluid combination of stretching and strengthening. Perfect for all fitness levels, this program rebalances the body, improves posture, prevents injuries, and unlocks tight joints. With a diverse music playlist accompanying each routine, this equipment-free workout leaves you feeling energized, youthful and healthy.

*Attendees will be required to fill out a brief medical history questionnaire and consent form in order to participate in the Essentrics® workout portion of the course.

Objectives: Upon completion of the session, participants will be able to:

- Acknowledge the significance of ergonomics in dentistry and gain a foundational understanding of neutral posture
- Identify the relationship between poor posture, muscle imbalances, and chronic musculoskeletal pain
- Discuss practical strategies, tools, and products that can assist in improving ergonomics
- Recognize the importance of movement for pain management/prevention and develop an understanding of how the Essentrics® workout can rebalance the body

Bio: Over her 12 years practicing as a Dental Hygienist, Whitney has become a noteworthy leader within the dental hygiene community. As a speaker, clinician, and adjunct faculty educator, Whitney enjoys sharing her knowledge and passion for hygiene. She channels her dedication to aiding dental professionals in achieving pain-free work through her business endeavor, Dentistry Rebalanced. Holding certifications as a Certified Ergonomic Assessment Specialist, Certified Personal Trainer, Essentrics Instructor, and Certified Nutritional Coach, Whitney brings a comprehensive approach to her mission.



SPOTS: 5 WAYS TO SPOT A MYOFUNCTIONAL DISORDER

Speaker: Pat Brinkman - Falter

Saturday, April 27th - 10:00 AM - 11:00 AM

Course Description: As highly trained dental professionals we screen and assess for many oral disorders and health problems for optimal patient care. The participant will get a look into myofunctional therapy, which is an individualized program designed to tone and coordinate the orofacial complex. Normalizing good oral development and function includes restoring the correct functional and rest patterns of musculature affecting occlusion, breathing, swallowing, speech, and TMD. SPOTS is the acronym and screening tool developed by the speaker to aid the clinician in easily identifying myofunctional disorders in the clinical setting. We will look at how Speech, Posture, Occlusion, Tethered oral tissues, and Swallow affect our patients.

Learning Objectives: Upon completion, the participant will be able to:

- Understand and identify how speech, posture, occlusion, tethered oral tissues and swallow can affect oral and facial development
- Use the SPOTS screening tool for their clinical practice and patient education
- Identify how TMJ disorders can be affected by myofunctional influences
- Understand how the position of the tongue, and its functions, affect the orofacial structures, airway, and body posture

Bio: Pat Brinkman-Falter, BSDH, PHRDH, MS, COM is a graduate of the UNMC School of Dentistry and is a Board Certified Orofacial Myologist (COM) through the International Association of Orofacial Myology (IAOM). She currently serves on the IAOM Examiners Board, and as immediate past president of the UNMC College of Dentistry Alumni board. She is a Past President and delegate of the Nebraska Dental Hygienists' Association and won ADHA's Irene Newman Award for advancing the field of dental hygiene. She was published in ADHA's Access Journal in 2020 and in the fall 2023 AGD publication on the Importance of recognizing Myofunctional Disorders. Pat is the creator of the SPOTS myofunctional screening tool. She received the IAOM Rose Van Normal Award of Prevention for her work in updating ADHA's policies on the practice of myofunctional therapy by hygienists. She is a Nebraska and AGD approved provider of continuing education for Orofacial Myology and lectures at dental and medical schools and professional meetings.

Pat speaks on a variety of topics across the country and is always looking for ways to help educate the dental team. Her own specialty practice, Nebraska Myofunctional Specialties, includes tongue ties, airway, TMD muscle dysfunction, craniofacial development and tongue thrust. All of which directly affect occlusion, periodontal disease, and caries experience.

Her years of experience with digit sucking, oromotor dysfunctions, TMJD and other areas of Orofacial Myofunctional Disorders have been hugely successful. Pat's dedicated experience and perceptive insights allow the patient to achieve overall confidence by providing an individualized, positive treatment plan.

Pat has practiced Orofacial Myology since 2008 in Central and Eastern Nebraska. She and her husband have seven children and ten grandchildren.



NEXT LEVEL HYGIENE: FEATURING PERIODONTITIS AND GINGIVAL RECESSION

Speaker: Melissa Lang, DDS, MS
Saturday, April 27th - 11:00 AM - 1:00 PM

Course Description: This session will include an in-depth look at the diagnoses of periodontitis with case examples and gingival recession. Cases and treatment approaches for gingival recession will be covered.

Objectives:

1. Apply staging and grading principles to periodontitis cases.
2. Recognize gingival recession
3. List causes of gingival recession
4. Explain treatment options available for gingival recession

Bio: Dr. Melissa Lang is an Associate Professor and Chair of the Department of Periodontics at Creighton University School of Dentistry. Additionally, she maintains a private practice limited to Periodontics in La Vista, NE at Metro West Orthodontics and Periodontics. Dr. Lang serves as a Visiting Professor at UNMC College of Dentistry. She graduated from Pittsburg State University with a Bachelor of Science degree in 2000. She earned her DDS degree from the University of Nebraska Medical Center College of Dentistry in 2004 graduating with highest distinction, and a Master of Science degree and certificate of specialization in Periodontics in 2007. She is a Diplomate of the American Board of Periodontology. Dr. Lang serves as a test constructor for the Integrated National Board Dental Examination, Advanced Dental Admission Test, and Dental Hygiene Licensure Objective Structured Clinical Examination. Locally, Dr. Lang has served as President of the Nebraska Society of Periodontists. She is a Fellow of the American College of Dentists, a member of the American Dental Association, Nebraska Dental Association, Omaha District Dental Society, the American Academy of Periodontology, the Academy of Osseointegration, Omicron Kappa Upsilon Nation Dental Honor Society, and the American Dental Education Association.



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