

**Seminars, Workshops & Webinars**  
**Presented by Nancy Dewhirst RDH, BS**



Presentations are designed specifically for each event, from 2 to 6 hours. Topics may be combined, particularly infection control and OSHA. Seminars may be presented in-person or as webinars with varying amounts of participation. Workshops are in-person programs. All seminars are appropriate for Doctors, Hygienists, and Assistants.

**Titles and Topics**

**Seminars / Webinars:**

- Dental Safety in the Shadow of COVID-19
- Annual OSHA Training & Update – Are You Safe Enough?
- Hot Topics in Infection Control: And Some Cool Tips  
(Combined Infection Control & OSHA)
- Emerging Diseases: No Rest for the Wicked
- Lesions and Lifestyles – Oral Pathology Review for Dental Teams
- Surprise! It's A Disaster!! Now What?
- Are You Disaster-Ready? (Dentistry's Role in Preparedness, including Forensics with Dr. Rick Cardoza)
- Ergonomics – It's A Balancing Act! (in-person format allows more participation)
- Biofilms Inside and Out (of You)

**Participation Workshops:**

- Infection Control Workshop
- Instrument Sharpening

**California Only: Board-Required Courses:**

Infection Control Update  
California Dental Practice Act

## Course Descriptions

**Seminars / Webinars:**

**Dental Safety in the Shadow of COVID-19** 1 - 4-hour CE Program AGD code 148  
Includes OSHA Compliance and Infection Control  
(Alternative title: **Annual OSHA Training & Infection Control – Are We Safe “Enough”?**)

**Program description:** This course makes sense of the many safety recommendations for dentistry considering the COVID-19 pandemic and beyond. Standard Precautions and Transmission-based Precautions will be explained in the context of CDC & ADA Guidelines and OSHA & Dental Board regulations (meets CDB Infection Control & OSHA CE requirements). Options and strategies are presented with extensive question & answer time to address your concerns.

*Outcomes - Upon completion, the participant shall be able to:*

- Recognize and manage bloodborne, contact, droplet **and airborne diseases**
- Identify best practices for providing dental care while considering COVID-19
- Make sense of evolving recommendations as applied to changing infection risk

**Program contents:**

Science of SARS-CoV-2: risks, symptoms, pathogenesis, transmission  
Safety strategies

Standard vs. Transmission-based precautions  
Hierarchy of safety efforts: most to least effective practices  
Quarantine, isolation, separation  
Screening patients  
Building & clinic aerosol control: Indoor air quality  
Hand hygiene  
Environmental asepsis  
Respiratory hygiene & cough etiquette  
PPE criteria, use and limitations

Reflection on improving dental safety preparedness

Resources: CDC, WHO, CDA, ADA, OSAP, AGD, FDA, OSHA

**Hot Topics in Infection Control – Since COVID-19 (1-4 hours) AGD code 148**

Update and review the most important clinical safety issues since COVID-19 fundamentally changed dental infection control. This class gives you a “Hit List” of the most important things to do! Optimize the most effective strategies to apply laws and guidelines that manage safety challenges such as aerosol transmitted diseases (ATD’s) and evolving / resistant pathogens. Get some cool tips for these hot topics!

Learning Objectives - Attendees will:

- Prioritize safety strategies that are the most effective
- Update standards for bloodborne, contact, droplet and airborne diseases
- Manage biofilms and plan for combined health concerns.

**Emerging Diseases: No Rest for the Wicked (2-6 hours) AGD code 148**

This seminar explores personal health issues such as new and altered diseases of importance to dental professionals including bloodborne diseases, respiratory and contact diseases. Attention is given to resistant pathogens, biofilm diseases and pathogens with pandemic potential. These issues are discussed relative to occupational risk, illness prevention, and post exposure responses. Leave with a plan for managing today’s microbial challenges using Standard and Transmission-based precautions.

Learning Objectives - Attendees will:

- Recognize and assess well-known infectious diseases
- Be able to identify and explain current trends in infectious diseases
- Be informed of and prepared for unexpected risks
- Apply infection control and safety strategies to usual and unusual disease risks

**Lesions and Lifestyles – Is It HPV? Oral Pathology review and update for Dental Teams (3-4 hours) AGD code: 730** Oral Medicine, Oral Diagnosis, Oral Pathology

Lesions and lumps tell stories! This is a review of selected types of oral and pharyngeal lesions, considering today’s most important trends, emphasizing infectious and neoplastic pathology related to HPV. Review oral pathology risk assessment, and how to document oral conditions and risk for every patient using effective diagnostic techniques and technology. Calibrate your team and educate patients to avoid disease and identify dangerous lesions early to save lives. Suggest differential diagnosis using case studies.

OPTION: Interactive collaborative learning: In groups, volunteers practice performing and receiving a comprehensive clinical head/neck exam.

Learning Objectives:

1. Identify and assess clinical and reported variations from normal considering HPV pathology and create a differential diagnosis
2. Assess risk for oral cancer using standardized tools.
3. Identify, evaluate and compare oral soft tissue masses, ulcerations & papillary lesions and the possible role of HPV infection.
4. Optional practice of head and neck physical exam on colleagues.
5. Review and practice precise descriptive terms and methods of recording and criteria for referring clinical lesions.
6. Describe and communicate causes, prevention and treatment of HPV-related pathology to colleagues and patients
7. Understand risky behaviors, vaccination prevention, and the progression from infection to cancer

**Surprise! It's A Disaster!! Now What?**

**(2-3 Hours)**

Let's kick start your personal and professional readiness. Participants learn how to use their skills, training and experience to prepare for, assess and respond to disasters. Shelter-in-place or evacuation strategies and scenarios are presented for a variety of situations, including weather disasters such as earthquakes, floods and tornados, epidemics, and accidental or purposeful chemical or radiation exposure, terrorist acts, fire and explosions.

Learning Objectives:

- Recognize types of disasters
- Describe appropriate courses of action based on types of disasters
- Identify primary and secondary biological / disease threats related to disasters
- Learn about options for personal and local planning
- Begin the process of preparing a survival pack

**Alternative:**

**Are You Disaster-Ready? (Dentistry's Role in Preparedness)**

**3 – 4 Hour Seminar, may be combined with co-presenter Rick Cardoza including Forensic Dentistry**

This course will discuss how to use your skills, training and experience to prepare for, recognize and respond to a variety of disasters. You may be called upon to help your community respond to a major public health disaster or how dental professionals may

assist during a disaster. Receive an introduction to basic triage principles and learn what you should have on hand to help you survive during a disaster. Also the evolution of mass disaster from a perspective of forensic dental identification.

- Recognize, assess, plan responses for physical, chemical and biological disasters
- Learn dentistry's potential role in a mass disasters, including bioterrorism.
- Recognize the use of dental records in a mass disasters.

**Ergonomics: It's A Balancing Act****3 hour Participation Lecture****Wear comfortable clothes for stretching!**

Enjoy a long dental career and improve clinical precision while avoiding injury and pain! Pathogenesis, causes and prevention of various cumulative trauma disorders are discussed, focusing on upper extremity, spinal and joint pathologies. Evaluate preventive strategies, including equipment design, body positioning and conditioning and enhanced visualization. Practice stretching and strengthening exercises to reduce pain and optimizing personal career excellence and longevity.

Learning Objectives:

Attendees will:

- Evaluate various physical signs and symptoms of cumulative trauma disorders commonly found in dental workers
- Understand the physiology of representative cumulative trauma disorders
- Practice and evaluate stretching and strengthening exercises and strategies intended to reduce risk of work-related injuries and to promote greater clinical control and efficiency
- Compare ergonomic features of dental equipment and technology that benefit workers and patients
- Leave with strategies for personal ergonomic protection and improved clinical effectiveness

**Biofilms Inside and Out (of You) (2 – 4 hours)**

Microbial biofilms are interesting and important! Understanding biofilms leads to better management and control of human and animal health and disease. Biofilms are vital to life but may be an important source of disease and contamination in fluids, equipment, and natural or built environments. This seminar explores methods,

strategies and products to prevent, remove, and manage unwanted biofilms in dental buildings and equipment, and addresses biofilm infections of dental relevance.

Learning Objectives: Attendees will:

- Understand the microbial and physical nature of biofilms
- Identify known risks and benefits of biofilms in various settings
- Discuss biofilm diseases
- Be able to apply strategies to manage dental office reservoirs for biofilms
- Find resources and products to continue learning about biofilms

### **Participation Workshops**

#### **Infection Control Workshop – What Works?**

**(May be presented with or without slides. May be co-presented with John A. Molinari PhD)**

A variety of infection control products and approaches are presented in this lively and interactive hands-on workshop. Basic disease transmission and infection control are explored in light of current documented knowledge while using products as instructional tools. Misconceptions and common problems will be discussed, along with potential implications and consequences. The program is intended to help participants get maximum effectiveness from their infection control efforts. See (with glow-germs and other activities) how different techniques and products work for you! Each attendee leaves with examples of products to apply what they learned.

Learning Objectives

- Explain basic principles of infection control
- Evaluate best practices in hand hygiene
- Compare and evaluate personal protective equipment (PPE) products and practices
- Assess options for optimal environmental asepsis
- Discuss instrument sterilization technology and practices
- Evaluate strategies to manage dental waterline asepsis
- Consider sharps safety protocol
- Maximize effectiveness of infection control efforts.

Shorter:

Consider a variety of products and approaches in this lively and interactive hands-on workshop. Disease transmission and infection control are explored in light of current

documented knowledge. Misconceptions and common problems will be discussed. See (with glow-germs and other activities) how different techniques and products work for you and optimize your infection control efforts! Each attendee leaves with examples of products to apply what they learned.

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Learning Objectives:

- Understand the application of evidence-based infection control principles
- Compare various acceptable products and their appropriate applications
- Address airborne disease risk factors related to the full spectrum of dental safety topics

### **Instrument Sharpening, Never A Dull Moment**

**3 – 4 hours, slide presentation, hands-on clinic, attendance limited to 30  
Bring loupes**

This workshop demonstrates how to preserve the original instrument design and shape while creating sharp edges, using a variety of hand and mechanical techniques and devices, loupes and lights. A slide presentation and interactive dialogue lay the groundwork for clinical instruction and participant practice, using hand sharpening techniques and several mechanical instrument sharpeners with magnification. Understanding of the key geometrical relationships between instrument surfaces and edges will help attendees be successful using hand and mechanical sharpening techniques and devices.

Learning Objectives:

Attendees will:

- Learn optimal periodontal instrument designs
- Understand how to preserve optimal instrument design while sharpening
- Discuss objectives and goals of sharpening
- Practice with and compare various hand sharpening techniques

- Practice with and compare various mechanical sharpening technology and techniques

Topic areas:

- Design of representative periodontal instruments
- Techniques to sharpen and preserve periodontal instruments with a stone
- Application of basic sharpening principles to representative powered mechanical sharpeners

### **California Only: Required Courses**

**(The following courses are California Dental Board - approved)**

#### **Infection Control (2+ hours)**

Update your knowledge of the most important issues in clinical safety. Are you clear on how to handle ordinary and extraordinary infectious diseases? This class outlines the essential components of your infection control program: reviewing CDC Guidelines and State regulations for Infection Control. Updates include challenges such as aerosol transmitted diseases (ATD's) and evolving / resistant pathogens.

*Learning Outcomes - Upon completion, the participant shall be able to:*

- Recognize and manage bloodborne, contact, droplet and airborne diseases
- Recognize and respond to disease exposures with optimal effectiveness
- Minimize the risk of transmitting diseases by optimizing safety strategies.

#### **California Dental Practice Act: - Where's the Line? (2 hours)**

This seminar reviews the DPA topics and regulations that are required for re-licensure. Attendees will share stories and ideas about violations of the law or questions about the legality of conditions or scenarios and will receive a handout that references the information presented. After attending the course, attendees will be familiar with the scope of regulations addressed in the DPA, how those regulations define dental practice limits, how to find answers to legal questions addressed by the DPA, and how the California Dental Board enforces the DPA and where to locate resources to further their knowledge in this topic.

Shorter:

This seminar reviews the California Dental Practice Act (DPA) topics and regulations that are required for re-licensure, illustrated by stories and violations of the law or questions about the legality of conditions or scenarios. A handout is provided covering the scope of regulations addressed in the DPA, how those regulations define dental practice limits, how to find answers to legal questions addressed by the DPA, how the California Dental Board enforces the DPA and where to locate resources.



*Learning Outcomes - Upon completion, the participant shall be able to:*

- Be familiar with the scope of regulations addressed in the DPA
- Discuss how those regulations define dental practice limits
- Understand how the California Dental Board enforces the DPA
- Learn how to locate information and resources related to the DPA

**Biography (various word counts):**

Ms. Dewhirst graduated from, and was a clinical instructor in Dental Hygiene at, University of Southern California. She is a member of Sigma Phi Alpha and is Adjunct Faculty at West Coast University where she has been course director for Preventive Dentistry, General and Oral Pathology and Infection Control. She is a nationally recognized speaker, author and consultant, focusing on infectious diseases and biofilms, clinical safety, oral pathology, instrument sharpening, ergonomics and Disaster Preparedness. Ms. Dewhirst presents interactive hands-on workshops, as well as lively seminars that combine science and practical information nation-wide. She is consistently listed as one of the nation's "Leaders in CE", presents over 80 seminars yearly, is a member of the California Dental Association Speakers Bureau, and is a licensed continuing education provider in California. Ms. Dewhirst is an experienced author of journal articles and has contributed to Textbook chapters, ADA/ANSI and OSAP position papers and posters, product literature and website content. Hosts include major State Dental Conferences, Dental Universities, and Professional Organizations across the U.S. and in Canada.

Nancy Dewhirst BS, RDH presents interactive hands-on workshops, as well as seminars that combine science and practical information nation-wide. Topics include OSHA, Infection Control, Ergonomics, Oral Pathology, Emerging Diseases and Biofilms, Instrument Sharpening workshops and Disaster Preparedness. Ms. Dewhirst is consistently listed as one of the nation's "Leaders in CE", presents over 80 seminars yearly, is a member of the California Dental Association Speakers Bureau, and is a licensed continuing education provider in California. Ms. Dewhirst is Adjunct Faculty at West Coast University, Dept. of Dental Hygiene and a member of Sigma Phi Alpha. She has had numerous articles published and has contributed to Textbook chapters and several ADA/ANSI and OSAP position papers and posters. Nancy's career includes 20 years of private clinical practice along with 28 years as an educator.

**Short bio:**

Ms. Dewhirst graduated from the University of Southern California, practiced dental hygiene for 20 years, is adjunct dental hygiene faculty at West Coast University and a member of Sigma Phi Alpha. Ms. Dewhirst is consistently listed as one of the nation's "Leaders in CE", presents over 80 seminars a year, is featured at major U.S. and Canadian Dental Conferences, and is a member of the California Dental Association Speakers Bureau. She has had many articles published in dental peer-reviewed journals and has contributed to dental textbooks and guidance documents.

**55 words:**

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