



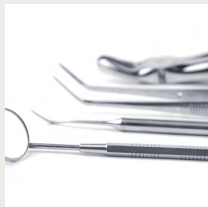
dr. joy RDH

SPEAKER PACKET



## Dynamic Presentations from

*dr. joy* RDH



### *Instrumentation Reloaded*

#### **BACK TO BASICS MEETS THE FUTURE**

Dive into the principles and techniques that are fundamental to periodontal instrumentation.



### *Kiss It (Keep it Scientific & Simple)*

#### **NUTRITION AND ORAL HEALTH FOR THE DENTAL PROFESSIONAL**

Explore the three-way relationship between nutrition, oral health, and systemic health.



### *Clean Up Your Act*

#### **DEBUNKING MYTH AND EMBRACING REALITY IN INFECTION PREVENTION**

Reduce risks, avoid breaches, and foster a culture of safety while learning current infection prevention guidelines.



### *Diversity Reloaded*

#### **EMBRACING DIFFERENCES...EVEN THE WEIRD ONES**

Explore the various cultural competencies that are crucial components of the broader diversity landscape.



### *Choose You First*

#### **UNAPOLOGETIC SELF CARE**

Redefine self-care practices, recognize how to establish healthy boundaries, and devise actionable strategies for self-care.

Impacting, empowering, and advancing education.

Dr. Joy, RDH advances the art and science of dental hygiene through continuing education, research, content creation, and product testing.



Dr. Joy Void-Holmes, RDH, BSDH, MHSc, AADH  
info@DrJoyRDH.com • www.DrJoyRDH.com • 443-265-2527



# Instrumentation Reloaded

## BACK TO BASICS MEETS THE FUTURE

Do you find yourself forgetting the basic dental hygiene instrumentation techniques or overwhelmed by new technology that needs mastering?

This comprehensive course delves into the principles and techniques that are fundamental to periodontal instrumentation. Participants will gain an in-depth understanding of these fundamentals, including the ways technological advancements have influenced the field.

The course includes an examination of innovative hand instruments and ultrasonic tip designs from leading manufacturers. Participants will also learn about root morphology, ergonomic positioning, advanced techniques, and their interplay. This course emphasizes the importance of these elements in achieving optimal treatment outcomes, which ultimately enhance patient satisfaction.

The latest periodontal theories that guide treatment practices will be explored, emphasizing the pivotal role of biofilm in disease initiation and progression and the importance of preservation of tooth structure.

Strategies for optimizing approaches and reducing costs will also be discussed, with a focus on creating cost-effective setups that utilize fewer instruments. By the end of the course, attendees will be equipped with the skills and knowledge necessary to effectively use actions achieving clinical excellence in patient care.



### LEARNING OBJECTIVES:

- Grasp periodontal instrumentation principles and techniques as well as the impact of technological advancements
- Analyze how root morphology, ergonomic positioning and advanced techniques impact treatment outcomes and patient satisfaction
- Evaluate cutting-edge periodontal theories which prioritize biofilm's role in disease development and the preservation of tooth structure
- Compare innovative hand instrument and ultrasonic tip designs and techniques to improve periodontal treatment outcomes
- Develop cost-effective strategies that optimize periodontal treatment approaches by utilizing fewer instruments

#### **Suggested Audience:**

All Dental Professionals

#### **Suggested Format:**

Full or Partial Day;  
Lecture, Workshop, Keynote



**Dr. Joy Void-Holmes, RDH, BSDH, MHSc, AADH**  
info@DrJoyRDH.com • www.DrJoyRDH.com • 443-265-2527

# Kiss It (Keep it Scientific & Simple)

## NUTRITION AND ORAL HEALTH FOR THE DENTAL PROFESSIONAL

The first signs of nutritional deficiency often reveal themselves in the oral cavity and lead to tooth decay, periodontal disease and a variety of systemic diseases.

It is important for dental professionals to recognize the dynamic, synergistic relationship that exists between oral health and nutrition. A diet consisting of frequent consumption of sugar and fermentable carbohydrates is associated with dentinal hypersensitivity, caries disease, periodontal disease, and other oral and systemic health problems.

In this course, Dr. Joy Void-Holmes emphasizes the three-way relationship between nutrition, oral health and systemic health. Participants will explore the physiological processes that occur after food consumption and the effects on the oral cavity. They will discover how sugar is hydrolyzed in the oral cavity and contributes to poor oral health in the presence of malnutrition. Participants will learn about preventative strategies and treatment modalities for patients with an unbalanced diet. They will gain the knowledge and skills to be able to provide thorough nutritional assessments for their patients.



### Take the Learning Deeper...

Ask about expanding your course content with a deeper dive into these hot topics:

#### *Sensitive Teeth, Sensible Solutions: Managing Dentinal Hypersensitivity*

Examine new product innovations for managing dentinal hypersensitivity utilizing an evidenced based approach for treatment options.

#### *Going for Gold: Shining a Light on Silver Diamine Fluoride*

Explore the efficacy of SDF in managing caries and relieving dentinal hypersensitivity and the advantages of incorporating SDF in the dental practice.



**Dr. Joy Void-Holmes, RDH, BSDH, MHSc, AADH**  
info@DrJoyRDH.com • www.DrJoyRDH.com • 443-265-2527

## LEARNING OBJECTIVES:

- Recognize the dental professional's responsibility in promoting oral health and nutrition to prevent oral and systemic diseases
- Examine the roles of macro and micronutrients in human nutrition and tissue development
- Explain the importance and function of the digestive process
- Discuss the nutritional aspects of common oral conditions associated with poor diet
- Recommend preventative strategies that should be considered for patients with nutritional deficiencies

### **Suggested Audience:**

All Dental Professionals

### **Suggested Format:**

Partial Day;  
Lecture, Workshop, Keynote



# Clean Up Your Act

## DEBUNKING MYTH AND EMBRACING REALITY IN INFECTION PREVENTION

Not following infection control protocols can produce significant consequences for a dental practice.



By neglecting to adhere to regulations, patient health is in jeopardy and costly fines could be imposed on the practice. Failure to comply can even lead to the closure of the facility. To stay ahead of ever-evolving pathogens, dental teams must remain up to date with infection control protocols.

This course provides a review of current infection prevention guidelines to reduce risks, avoid breaches and foster a culture of safety. Due to highly reported violations, it is particularly important that dental practices receive and act upon recent CDC updates such as those related to COVID-19 for Dental Services.

By the conclusion of this program, participants will be better equipped with the knowledge to safeguard themselves, their patients and their practice from unnecessary risks.

### **Suggested Audience:**

All Dental Professionals

### **Suggested Format:**

Full or Partial Day;  
Lecture, Workshop, Keynote



**Dr. Joy Void-Holmes, RDH, BSDH, MHSc, AADH**

info@DrJoyRDH.com • www.DrJoyRDH.com • 443-265-2527

## LEARNING OBJECTIVES:

- Explain the importance of infection prevention in oral healthcare
- Identify the governmental and regulatory agencies responsible for providing and enforcing clinical standards/laws
- Explore strategies for constructing a comprehensive infection prevention program built upon CDC and OSHA directives
- Differentiate between universal, standard, and transmission-based precautions
- Describe pathogenic microbes relevant to dentistry including the SARS-CoV-2 virus
- Identify the six links on the chain of infection and explain how CDC-suggested practices prevent the spread of disease
- Learn how to implement the protocols which reduce the risk of illness or injury for dental healthcare professionals
- Outline the design features of personal protective equipment that determine usage in the clinical setting
- Minimize the risk of infections transmitted by improper instrument cleaning procedures and the associated costs
- Recognize CDC dental handpiece sterilization guidelines
- Examine techniques that lessen the risk of cross-contamination between dental professionals and patients through aerosol management

# Diversity Reloaded

## EMBRACING DIFFERENCES...EVEN THE WEIRD ONES

Wondering if a diversity course is ultimately just an elaborate exercise in political correctness, or if it has any actual, practical impact on relationships, culture and patient care?

The power of diversity lies in its potential to unlock new ways of thinking to innovate and empower individuals, organizations and communities. A diverse workforce alone is not sufficient. We need to prioritize multicultural sensitivity, non-judgmental listening, mutual understanding and respect.

In this forward-thinking presentation, Dr. Joy Void-Holmes shines a light on the various cultural competencies that are crucial components of the broader diversity landscape. Participants will cultivate skills that develop meaningful connections and foster a workplace culture that supports personal growth and inclusivity.

Through this approach, we can achieve true diversity and create a world where everyone is valued and recognized for their unique perspectives and experiences... even the weird ones!

*Ask Dr. Joy About:*

Bye-Bye Bias:  
The Oral Healthcare Edition

Presented in a 2 hour format, this course meets most state board requirements for licensure.



**Dr. Joy Void-Holmes, RDH, BSDH, MHSc, AADH**  
info@DrJoyRDH.com • www.DrJoyRDH.com • 443-265-2527



### LEARNING OBJECTIVES:

- Define diversity and its various dimensions, including race, ethnicity, gender, sexuality, religion, ability and more
- Analyze the impact of diversity on individuals, organizations and communities
- Describe implicit bias, its link to the brain and the impact on diversity initiatives
- Differentiate between cultural competency, awareness, humility, belongingness and safety
- Identify skills related to providing effective and respectful care for LGBTQ patients
- Explain the importance of fostering an inclusive workplace culture
- Explore inclusive language skills and strategies which foster more diverse, inclusive environments

**Suggested Audience:**  
All Dental Professionals

**Suggested Format:**  
Full or Partial Day;  
Lecture, Workshop, Keynote



# Choose You First

## UNAPOLOGETIC SELF CARE

Do you feel like you're constantly struggling to find time for yourself amidst the demands of everyday life? Do you often put the needs of others above your own?

It's time to make a change.

Those who work in caring professions are often encouraged to prioritize care for others over themselves, even though they are especially susceptible to the negative consequences of this practice. This depletion of inner resources eventually leads to burnout, mental exhaustion, low self-esteem, perceived loss of self and other systemic issues. Many of these symptoms can be remedied by prioritizing themselves first, thus ensuring they have the reserves to feel their best and pour into others.

In this empowering course, learn the true meaning of self-care: the ability to effectively manage care for oneself through awareness, self-control, and self-reliance to achieve, maintain, and promote optimal health and well-being. Participants will learn to redefine their self-care practices, recognize how to establish healthy boundaries and devise actionable strategies for self-care that allow them to show up as their Best Self in everyday life.



Dr. Joy Void-Holmes, RDH, BSDH, MHSc, AADH  
info@DrJoyRDH.com • www.DrJoyRDH.com • 443-265-2527



### LEARNING OBJECTIVES:

- Demonstrate an understanding of self-care practices and the significance of prioritizing oneself
- Recognize how to establish healthy boundaries
- Develop strategies to live a Self-first life every day

#### **Suggested Audience:**

All Dental Professionals

#### **Suggested Format:**

Partial Day;  
Lecture, Workshop, Keynote



# Meet *dr. joy*

**Are you feeling stuck in your career?**

**Or struggling to advance because you lack direction or don't know the right moves to make?**

**If so, you're not alone.**

**Many professionals feel like they're not reaching their full potential, and it can be frustrating.**

But there's good news: Dr. Joy D. Void-Holmes is here to help. As a renowned leader with nearly 30 years of experience in the oral care field, she is on a mission to impact and empower audiences by promoting self-care and confidence building, bringing awareness to DEI and mental health, and sharing her exceptional knowledge of dental hygiene. Dr. Joy speaks to audiences across the country providing continuing education courses such as instrumentation, infection control, nutrition, cultural diversity and inclusion, as well as silver diamine fluoride and dentinal hypersensitivity.

Dr. Joy is the founder of Dr. Joy, RDH, where she advances the art and science of dental hygiene through continuing education, research, content creation and product testing. She is co-founder of JELL-ED, an educational consultancy designed to bridge the gap between education and the educator. She is the creator of the Dental Hygiene Student Planner™. She is also a skilled technical writer and enjoys writing on all things related to dentistry!

Dr. Joy serves as a consultant examiner for the CDCA-WREB-CITA examination board, board member for the Maryland State Board of Dental Examiners, and editorial advisory board member for Inside Dental Hygiene. Dr. Joy is an active member of the American Academy of Dental Hygiene. She is also a member of the American Dental Hygienists' Association and the Maryland Dental Action Coalition.

Dr. Joy received her certificate in dental hygiene from Howard University, her Bachelor of Science Degree in dental hygiene from the University of Maryland School of Dentistry and earned two advanced degrees from Nova Southeastern University: a Master of Health Science with a forensic investigative science concentration and a Doctor of Health Science.



**Dr. Joy Void-Holmes, RDH, BSDH, MHSc, AADH**  
info@DrJoyRDH.com • www.DrJoyRDH.com • 443-265-2527

