

Speaker Kit



DR JOY RDH

Impacting. Empowering.
Advancing Education.

@DRJOYRDH



"True to her name, Dr. Joy is living proof that if you believe it, you can achieve it."

Presenter Biography

Dr. Joy D. Void-Holmes holds a Doctor of Health Science degree from Nova Southeastern University and is a registered dental hygienist with over 25 years of clinical experience in private practice. She is founder of Dr. Joy, RDH™ and creator of the Dental Hygiene Student Planner™. Dr. Joy is program chair for Fortis College, Landover Dental Hygiene Program and holds a faculty position at the American Denturist School.

Dr. Joy is a professional speaker and published author. She has presented continuing education courses nationally and internationally in the areas of instrumentation, ultrasonics, infection control, and nutrition and biochemistry along with her signature keynotes, "Confidence and Courage" and "Diversity of Culture, Diversity of Thought, Diversity of Action".

She serves as a Consultant Examiner for the CDCA examination board and is a member of the Maryland State Board of Dental Examiners. She is an active member of The American Academy of Dental Hygienists, and The American Dental Hygienists' Association, where she chairs the committee on Inclusion, Diversity, Equality, and Access.

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Expertise

*Dr. Joy's **SPECIALTIES** are clinical dental hygiene to include infection control, ergonomics, ultrasonic and manual instrumentation, and pain management, along with nutrition and biochemistry and oral health education.*

With a doctorate in health science with a focus in education in healthcare, Dr. Joy also specializes in educational methodology with a focus on faculty calibration and defensive teaching skills.

*Dr. Joy is the **QUEEN** of building **Confidence & Courage** and promotes self-care by highlighting the importance of confidence encourage to have a thriving career and bringing awareness to the importance of mental health.*

*Dr. Joy is a **SKILLED TECHNICAL WRITER** and enjoys writing on all things related to **DENTISTRY!** Her recent publications include topics on infection control, silver diammine fluoride, dentinal hypersensitivity, cultural diversity, and nutrition and oral health.*

*Dr. Joy also specializes in **CONTENT CREATION** and **COURSE DEVELOPMENT***

"As a seasoned 25-year hygienist, I was skeptical at first. I wasn't sure that I could learn anything about instrumentation because I have worked in a perio office for 14 years. I was pleasantly surprised and learned a lot from the course." — Terrica Duncan



Courses

Back to the Basics: Instrumentation Techniques for the Periodontal Patient (2-4credits)

In the absence of ultrasonic instrumentation, dental health care practitioners (DHCP) will need to provide non-surgical periodontal treatment using hand instruments. This course will revisit basic instrumentation techniques, with a special emphasis on root morphology, positioning, advanced fulcruming techniques, stroke character and lateral pressure. A discussion on instrument processing following current CDC guidelines will be included. A review of the latest cutting-edge instrument designs from various manufacturers including sharpening devices will conclude the course with a discussion on creating cost-effective setups that require less instruments. Upon completion of this course the DHCP will walk away with increased knowledge and confidence in their treatment practices.

Learning Objectives:

- *Demonstrate fundamental skills of periodontal instrumentation*
- *Explain the correlation between instrumentation techniques and musculoskeletal disorders*
- *Identify new instrument technology*
- *Design budget friendly setups that will facilitate successful treatment outcomes*

Nutrition and Oral Health: What Every Dental Professional Should Know (2-4credits)

Dental professionals need to recognize the effects food choices have on oral health. Especially when dealing with patients that practice poor eating habits such as consuming sugary foods, fermentable carbohydrates, or too many calories. Since the mouth is the window to the body, it's common for the first signs of nutritional deficiency to reveal themselves through the oral cavity. The inability to recognize these signs can result in tooth decay, periodontal disease and a variety of systemic diseases. This webinar reviews the foundation of the relationship between nutrition and oral health. Dental professionals will learn the physiological processes that occur after food consumption, and its effects on the oral cavity. Upon completing this course, dental professionals will be able to provide thorough nutritional assessments to their patients.

Learning Objectives:

- *Realize the importance of the role of the dental professional in consideration of diet and nutrition for oral health promotion and disease prevention and intervention*
- *Examine the roles of macro and micronutrients in human nutrition and tissue development*
- *Discuss the nutritional aspects of caries, gingivitis, periodontitis and other oral conditions*
- *Examine effects of sugar sweetened beverages on oral and systemic health*

Courses

Diversity of Culture, Diversity of Thought, and Diversity of Action (2 credits)

As education professionals we understand and value the role of diversity and inclusion in society; yet it goes beyond race and ethnicity.

Diversity of Culture ... Do you consider the backgrounds, experiences and perspectives of others to help create an organization that represents the rich, diverse, unique world in which we live?

Diversity of Thought ... In society, we are called to think together, not alike. Do you encourage lively debate and discussion around problems and proposed solutions?

Diversity of action ... Do you turn to the creative problem-solving skills of your peers to brainstorm ways to enact positive change across the board?

As professionals, you must prepare yourself for the future of diversity and develop strategies to become more inclusive beyond race. Discover the poignant lessons of diversity of culture, diversity of thought, and diversity of action by realizing the full potential of people and acknowledging and appreciating the potential promise of each person's uniqueness.

Learning Objectives:

- *Define diversity of culture, diversity of thought, and diversity of action and its contribution to individual perceptions*
- *Recognize the opportunities to be more inclusive beyond race and ethnicity*
- *Reflect on the importance of committing to diversity and inclusion*

Returning to Normal Post COVID-19 (2 credits)

COVID-19, the coronavirus disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), has caused widespread concern across the globe. When the World Health Organization (WHO) declared COVID-19 a public health emergency, many areas were forced to close in the wake of the worldwide spread of the disease. Since the onset of COVID-19, hundreds of research articles have been written about the disease, and every governmental organization and public health agency worldwide has issued statements on extensive measures to reduce disease transmission and control the outbreak. As stay-at-home orders are lifted, and life returns to a sense of normalcy, finding both current and specific recommendations for returning to work can be overwhelming for individuals. The aim of this course is to provide the most current, scientific information about the impact of COVID-19, including a brief overview of disease epidemiology, routes of transmission, and symptoms. In addition, specific return-to-work guidelines will be discussed with a focus on workplace controls, and infection control strategies.

After completing this course, participants will:

- *Understand the epidemiology, transmission routes, and signs of the COVID-19 disease caused by SARS-CoV-2.*
- *Discuss workplace controls and infection control strategies to minimize the chance of occupational exposure to SARS-CoV-2.*

Courses

The Impact of COVID on Ergonomics: What does it Look Like, What does it Feel Like (2 credits)

Head, shoulders, fingers, toes ... everything hurts! The COVID-19 pandemic has thrust the dental profession into a paradigm shift, one that I like to call Back to the NEW Basics. Dental professionals are abandoning power-driven devices that produce aerosols and relying on manual instrumentation to provide patient care. The end result, dental professionals are hurting, suffering from a myriad of musculoskeletal disorders and other painful conditions impacting their everyday work life. This course will explore the impact of COVID on the dental professional. A brief review of the etiology of COVID will be had with a discussion on musculoskeletal disorders that impact the dental healthcare practitioner. The course will conclude with a discussion on how to select equipment to fit ergonomic needs with a focus on hand instruments.

Learning Objectives:

- *Provide a summary of the epidemiology, transmission routes, and signs of the COVID-19 disease caused by SARS-CoV-2.*
- *Define and discuss musculoskeletal disorders commonly experienced by dental health professionals, their causes and their prevention.*
- *Select ergonomically designed equipment and hand instruments to minimize ergonomic risks*

Stay Sharp – How to Maintain Your Edge (2 credits)

We can all agree it is important to maintain sharp instruments. After all, sharp instruments reduce ergonomic risk, save time and money, and accomplish calculus removal with preciseness. But why does sharpening have to be so hard? It doesn't! This course will help the dental health care practitioner achieve and maintain consistent levels of sharpness by reexamining the science behind sharpening and reviewing basic sharpening concepts. A discussion on when to sharpen dental instruments will be had along with an analysis of various sharpening options. The course will conclude with a comparison of popular stainless-steel instruments on the market and a discussion about sharpen-free instruments.

Learning Objectives:

- *Discuss the science behind sharpening periodontal scalers and curets*
- *Realize the consequences of using dull instruments*
- *Explore various sharpening options*
- *Compare and contrast widely used stainless-steel instruments*
- *Consider the advantages sharpen-free instruments*

Courses

Don't be so Sensitive – Managing Dental Hypersensitivity Pre and Post Debridement)2 credits)

Dentinal hypersensitivity is a common dental condition that affects approximately 57% of the general population. Dentinal hypersensitivity can be caused by a variety of factors; however, one cause often overlooked or simply ignored is improper manual and ultrasonic instrumentation. The good news is clinical management of dentinal hypersensitivity is possible. This course will explore effective stroke dynamics to reduce the incidence of dentinal hypersensitivity caused by improper instrumentation. A thorough discussion of treatment options to address patient discomfort pre and post debridement will be had.

Learning Objectives

- *Identify the clinical signs and symptoms of dentinal hypersensitivity*
- *Review causes of dentin exposure*
- *Examine basic instrumentation techniques that facilitate effective, comfortable, and patient-centered care*
- *Explore treatment modalities that address patient comfort pre and post periodontal debridement*

Diversifying Student Kits: Preparing for the New Mannequin Based Exam (2 credits)

Over the past decade, the dental hygiene instrumentation market has exploded with new and innovative designs that change the way care is provided to patients. Often, educators introduce dental hygiene instruments similar to what they used in dental hygiene school and often times, these instruments are not suitable to treat patients with advanced periodontal conditions. Unfortunately, many dental hygiene educators are unaware of the newer technologies. In addition, with so many new instrument styles and designs being introduced, it can be challenging for educators to introduce these instruments into the curriculum. It is important that dental hygiene students gain exposure to newer designs. This course will provide detailed information on the latest cutting-edge instrument designs from various manufacturers that will help students achieve success using manual instrumentation techniques for the patient-based and mannequin-based dental hygiene exam.

Learning Objectives:

- *Explain how new instrumentation designs and technology impact the delivery of dental hygiene therapy*
- *Incorporate a variety of dental hygiene instruments into the curriculum*
- *Position students for success on clinical boards using manual instrumentation techniques.*

Courses

Back to the Basics: Instrumentation 101 (2 - 4 credits)

In the absence of ultrasonic instrumentation, dental health care practitioners (DHCP) will need to provide non-surgical periodontal treatment using hand instruments. This course will briefly examine various hypotheses to help better understand the pathogenesis of periodontal disease progression and the shift from scaling and root planning to root surface debridement. An in-depth review of basic instrumentation techniques will occur, with a special emphasis on root morphology, grasp, positioning, fulcruming techniques, stroke character and lateral pressure. A discussion of musculoskeletal disorders will conclude the presentation. Upon completion of this course the DHCP will walk away with increased knowledge and confidence in their hand scaling techniques.

Learning Objectives

- *Discuss the paradigm shift from scaling and root planning to root surface debridement.*
- *Identify the objectives of periodontal debridement*
- *Implement proper use of hand instruments for effective removal of calculus deposits and plaque biofilm*
- *Reduce the risk of developing a musculoskeletal disorder*

Follow the Leader: Order of Instrumentation (2 credits)

It is not uncommon for many of the fundamental skills taught in school to fall by the wayside after practicing “real world” hygiene for a few years. So, what’s the outcome? Improper use of instruments resulting in increased risks of musculoskeletal disorders and poor treatment outcomes. A review of instrumentation design and classification followed by a discussion on the order of instrumentation will aid clinicians in precise placement of instruments for effective deposit removal. This course will also help hygienists learn how to work more effectively to provide the best periodontal treatment for their patients with modern instrumentation techniques.

Learning Objectives

- *Identify the objectives of periodontal debridement*
- *Describe how instrument design and classification impact the delivery of dental hygiene therapy*
- *Discuss the order of instrumentation for use of ultrasonics, periodontal files and hoes, sickles, and curets*

Courses

Not Your Grandmother's Instruments (2 credits)

Far too many hygienists are using the same tools they were taught on in dental hygiene school. Whatever the reason, using older tools increases the opportunity for an uncomfortable experience and puts patients at risk of attaining serious injuries. Over the past decade, the dental hygiene instrumentation market has exploded with new, innovative designs that change the way we teach and practice. What's New is a hands-on course packed with everything today's hygienists need to know about the latest, most cutting-edge instruments and the manufacturers behind them. Ergonomic benefits, advanced treatment options, and conservation of tooth structure will be discussed. Hygienists will also learn cost-effective methods of creating hygiene packets that require fewer tools and put their patient's safety first. Taking this course will make providing advance periodontal care more comfortable and safer than ever.

Learning Objectives:

- *Describe how innovative instrument design features impact the delivery of dental hygiene therapy.*
- *Introduce the newest instruments to treat advanced periodontal conditions*
- *Design budget friendly hygiene setups that contain instruments that ensure the best treatment outcomes*
- *Develop a system that allows for continuous replacement of dental hygiene instruments*

Smart Scaling - Using the Staged Approach to Ultrasonic and Hand Instrumentation to Achieve Better Clinical Outcomes (2 -4 credits)

The ultimate goal of manual and ultrasonic instrumentation (MUI) is to eliminate pathogenic bacteria and remove biofilm and calculus deposits while preserving tooth structure. The approach used to achieve this goal is inherently different based on the design of the instrument, sequence of use, and the technique utilized by the clinician. This hands-on course will help attendees learn how to effectively maximize ultrasonic and hand instrumentation to create an environment that encourages tissue health using a staged approach of MUI.

Learning Objectives:

- *Identify the fundamental skills of basic dental hygiene instrumentation*
- *Describe how instrument design and classification impact the delivery of dental hygiene therapy*
- *Implement a staged approach to scaling using ultrasonics and hand instrumentation*
- *Design budget friendly hygiene setups that have instruments that ensure the best treatment outcomes*

Courses

Defensive Teaching Skills (2 credits)

Incidents of students challenging authority, aggressive behavior, disrespect, and verbal abuse are challenging and can be stressful for dental hygiene educators (DHE). However, if DHE are equipped with strategies, these disruptive behaviors can be dealt with effectively and appropriately to create a healthy classroom culture.

Learning Objectives:

- *Identify different types of aggression, risk factors, role of the classroom instructor, and influence of the school climate on the adult learner*
- *Discusses specific strategies to prevent unwanted classroom behavior*
- *Improve teacher management skills to reduce power struggles by implementing the three C's: Communication, Collaboration, and Consistency*

Graceys, Curets, and Sickles Oh My!: An In Depth Look at Anterior and Posterior Scalers (2 credits)

It is not uncommon for many of the fundamental skills taught in school to fall by the wayside after practicing “real world” hygiene for a few years. So, what’s the outcome? Improper use of instruments resulting in increased risks of musculoskeletal disorders and poor treatment outcomes. This presentation will revisit the basic principles of instrumentation. A review of instrumentation design and classification followed by a discussion on the order of instrumentation will aid clinicians in precise placement of instruments for effective deposit removal. This course will also help hygienists learn how to work more effectively to provide the best periodontal treatment for their patients with modern instrumentation techniques.

The Cutting Edge: Selecting instruments to Increase Productivity (2 credits)

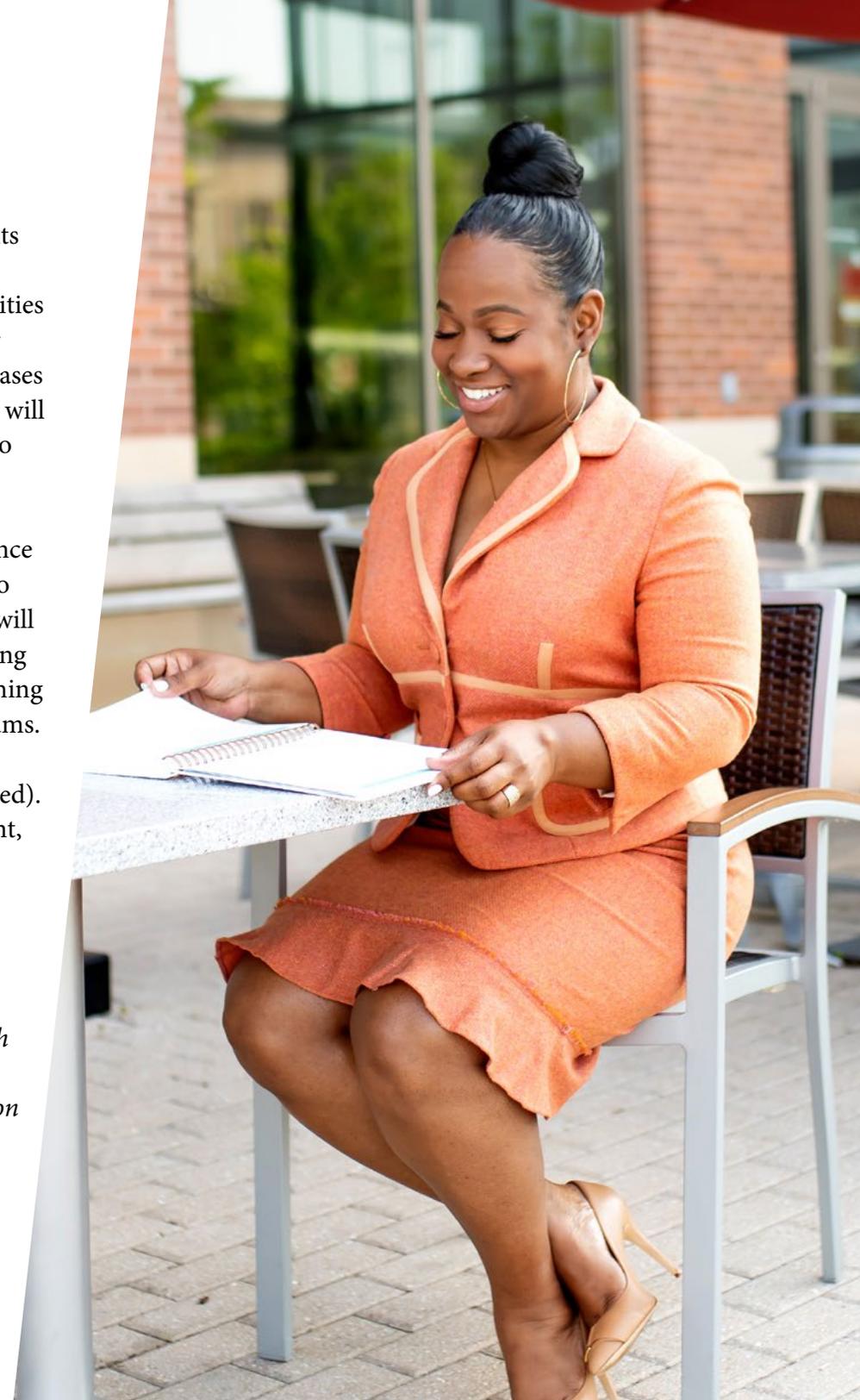
The dental hygiene appointment is the most important patient visit in the dental office because the majority of the patient experience is with the hygienist. As such dental hygiene practitioners need to be able to provide a high level of customer service and excellent clinical care. With this course, hygienists will learn to select instruments that increase efficiency, thereby increasing productivity for the office. They will also learn cost-effective methods of creating hygiene packets that require fewer tools and put their patient's comfort first. A review of instrument processing and handling using RFID technology will be had to help reduce processing time, increase staff safety, and protect instrument investment.

The Paradigm Shift - Reimagining Your Dental Hygiene Appointment

Can you imagine a dental hygiene appointment without the use of hand instruments that yields greater treatment outcomes for your patients? With this course, Dr. Joy helps you to reimagine your dental hygiene appointment by discussing the possibilities of achieving success in instrumentation through innovation. In this full day master class Dr. Joy will address current paradigms related to diagnosing and treating diseases of the periodontium using the new AAP Periodontal Classification System. Dr. Joy will focus on the role of biofilm and the importance of preservation of tooth structure to achieve greater treatment outcomes. She will also present new technology that will enable the dental hygienist to provide effective therapy without the use of hand instruments based on evidence-based research. This technology will not only enhance the patient and operator experience but will allow the innovative dental hygienist to reimagine the implementation of their care. Working alongside Dr. Joy, attendees will participate in presenter led demonstrations and practical hands-on sessions featuring principles of intraoral scanning, radiography, ultrasonic instrumentation, air polishing and laser techniques including tips on grasps, stroke dynamics, pressure and fulcrums. The program will also focus on the essentials of ergonomics, including hand instrumentation updates (for patients where ultrasonic technology is contraindicated). Attendees will be armed with the most current knowledge of advances in equipment, technology, and techniques.

Learning Objectives

- *Avoid common problems of disease recognition using outdated principles for diagnosing periodontal disease*
- *Use the most current equipment and technology to effectively treat patients with various levels of disease*
- *Demonstrate effective techniques during manual and ultrasonic instrumentation to enhance the preservation of tooth structure*
- *Incorporate technologies that facilitate removal of calculus and enhance the disruption of biofilm to achieve successful treatment outcomes*
- *Be empowered to treat patients with a futuristic approach to providing care*



Confidence and Courage

Keynote



We are living in very uncomfortable and uncertain times COVID-19, Black Lives Matter, Political Turmoil, the profession has been turned upside down, schools are closed, people refuse to wear mask – One or all of these situations may be affecting you.

In times of crisis and uncertainty, do you have the strength to push through discomfort and face potential conflict. Do you have the confidence and courage it takes to bravely move forward during these challenging times to power through, or do you silence your voice do you run away? Do you get stuck?

*Some people have been able to face this uncertainty Some of have adapted and are doing quite well despite what may seem like the world is falling apart around them. You may be asking yourself **HOW?***

*They have a **"Secret Sauce"**. It's a magic pill if you will.*

For those of you who are suffering, stuck, unsure of what's next, my hope is that I am able to provide you with a few words of encouragement to strengthen your inner self-confidence and help you uncover your own "Secret Sauce" (courage) to act despite your fears.

Contact or book Dr. Joy today by emailing Info@DRJoyRDH.com or calling 443.265.2527. Also visit DRJoyRDH.com.