

The Margin

ASDA's District 10 Bi-annual Newsletter



From Right: Tyler Rumble (UW '14), AGD President-Elect Linda Edgar, DDS, MAGD, Halee Hyatt (UW '15), Yoni Ahdut (UW '14)

New Dean Fires Up University of Washington Halee Hyatt

This spring, the University of Washington announced the selection of Dr. Joel Berg as Dean of the School of Dentistry. Dr. Berg's highly anticipated selection was greeted with enthusiasm from students, faculty, and organized dentistry alike. As chair of the Department of Pediatric Dentistry, Dr. Berg succeeded in establishing collaborative

relationships with various players in the dental community, establishing the pediatric residency as a prominent player on the national scene, and building a state-of-

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ASDOH

An ASDOH student shares her experiences with **gaining 30 lbs...**to have a baby!

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UW

UW ASDA tackles the **"midlevel provider"** issue.

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OHSU

Get some ideas for ASDA **"Lunch and Learns"** or **activities** from OHSU's chapter!

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ASDOH

“Together, we can make a huge difference in young people’s lives, and help to make a great impact in the country of Cambodia.”

-Angela Lee
ASDOH Class of 2014

MORE INFORMATION

More about the trip:
<http://asdohasda.blogspot.com/>

Donate to future trips;
sponsor a Cambodian student;
view pictures:
<http://asdohasda.org/cambodia-mission.html>.

The majority of the funds paid to One-2-One Cambodia by the ASDOH ASDA volunteers were used to support the organization and help sponsor Cambodian students.

For any additional questions, contact Angela Lee at:
ahlee@atsu.edu.

A Little Bit About Roseman Dental School: District 10’s Newest Addition

By Sadaf Moghimi

I was sold on interview day. The compassionate genuine atmosphere I felt at The Roseman University College of Dental Medicine left me wanting more of the same. I knew an education at Roseman would be unlike any other. The months leading up to my arrival as a first year student for the first class with 80 students at the school were exciting, to say the least.

I was embarking on the journey I had been chasing my whole life and leaving behind a lifetime’s worth of memories back in California, where I was born and raised. I was incredibly anxious but overwhelmingly excited as well. All the months of becoming familiar with classmates over Facebook, looking up pictures of the surrounding community and endless planning could not have fully prepared me for what was to come.

They did not. The past six weeks have been filled with some of the most memorable moments of my life, many of which I had not foreseen. As the second class at Roseman I have been given the utmost respect and seen tremendous accomplishments on part of the school. This environment is so different than anything I have previously experienced or could have imagined. The faculty, staff and peers truly

embrace the lifelong colleague philosophy that Roseman University holds as a standard and seeing their interview day words put into action solidifies my decision to attend this prestigious institution. From our White Coat Ceremony to class BBQ’s, numerous lunch and learn events and countless study sessions the class has already been united and the school has taken us in with open arms. Everyone is eager to assist us and cultivate our ambitions. We are given direction and motivated in every way, hence we can truly attain the greatest potential as future dentists.

I cannot even begin to say enough good things about my classmates. I am impressed with how well selected the class is and the relative ease with which everyone gets along. The dynamic of the class is fluid and there is a peculiar familiarity amongst everyone. I feel comfortable with everyone in such a short period of time and have already experienced moments of unbelievable loyalty, strong camaraderie and genuine friendship. These are people I am proud to call lifelong colleagues and students I hope to grow alongside on our way to becoming clinically excellent dentists...

(Continued on page 5.)

Dental Student Gains 30 Lbs.

By Larisa Smith, ASDOH

Gaining 30 pounds during dental school isn't exactly on everyone's bucket list. Some may give the excuse of too many late nights pounding Cheetos and Red Bulls whilst memorizing the cranial nerves and their branches. My excuse came after nine months and the occasional odd glance at my maternity scrubs. But those 30 pounds, or what came of them, have become the greatest accomplishment of my life. Having a baby in dental school? Unheard of? No. Uncommon? Perhaps. Doable? Yes. Worth it? Absolutely.

I had my son Kingston near the end of my second year of dental school. This turned out to be a rather fortunate time in our class schedule and I was able to take a few weeks off with the support of our faculty. I'm not sure that there is a 'best time' to have a baby during school, but for me the end of second year came pretty close. As a third year working in clinic most of the day, I have a lot more free time at night now to spend with my son and husband.

But timing wasn't as important of a factor for me as was support – support from my husband and family, friends, and our school faculty. Every dental program is different, but I truly felt the encouragement and support of my faculty from the moment I announced I was pregnant, and we worked together to schedule personal leave time and ensure that my school requirements would still be met. I never wanted any special treatment nor felt that I deserved any due to my personal circumstances, but the truth is that each of us – as dental students, as people – all have individual circumstances and all have lives outside of dental school. My faculty saw that I was ready and willing to balance the two, and have worked with me to do so – individual professors arranged and adjusted due dates, opened up the sim-clinic for make-up work, and allowed the time away I needed to recover.

And I am ever grateful for the help of my husband, family, and friends who have helped share the load by helping out at home...(Continued on page 5.)



ASDOH students do service in Cambodia

ASDOH ASDA 1st Dental Mission Trip

By Angela Lee, ASDOH

One-2-One Charitable Trust is a non for profit organization that provides hope to the future of Cambodia. In 1999, the roots of the organization were planted in New Zealand in order to meet the needs of the disadvantaged in the Christchurch community. The organization is committed to improve the lives of orphans, street children, people with HIV, and prisoners, by providing free dental and medical care in the deprived communities in Cambodia.

From March 11- March 16, 2012, ASDOH ASDA members had the pleasure of working with One-2-One staff and volunteers to provide free dental care in the Kandal province, about 1.5 hours outside of Phnom Penh. We were joined by dental students, dental nurses, and dentists, who were all One-2-One volunteers. The 20+ of us squeezed into a large van on a journey to our clinic site. Weaving through oncoming traffic and passing by fields and livestock, we finally reached the rural regions of Cambodia.

The drive to the clinic site every morning was a humbling experience. We passed by bare-footed villagers sitting outside their homes made of metal pieces, and wooden or bamboo sticks. The children were thin, the adults grew tired faces, and the animals were emaciated.

the-art new facility, the Center for Pediatric Dentistry. His appointment was therefore perceived to be a step in the right direction for an excellent but traditional institution.

The University of Washington School of Dentistry (UWSOD), known nationally for its commitment to cutting-edge research, has been plagued by the defunding of public education and loss of dental Medicaid benefits for adults in recent years. With Dr. Berg at the helm, many sense that this time may be ripe for positive change at the dental school. This August, ASDA leaders had a chance to sit down with Dr. Berg and begin a discussion about the future of the UW ASDA chapter and the school.

One of Dean Berg's primary commitments to the UWSOD is his desire to establish a strong culture of collaboration and excellence and one that embraces the positive aspects of organized dentistry as a benefit to students and faculty alike. The hallmark of the cultural shift is his insistence that the school begin focusing on what is needed to create the dentist of 2025. This vision includes a desire to include more business and practice management courses and a commitment to making clinics operate more like a successful private practice.

Dr. Berg's vision goes beyond strengthening the business systems graduates must understand to be successful in 2025 to include an understanding of technological advances, an appreciation for the role of organized dentistry, and an all-around approach to patient care. Changes to the UWSOD curriculum are also expected to reflect this cultural shift. Students can expect not only a greater emphasis on business management, but on ethics, interprofessional studies, and evidence-based dentistry as well.

For students at the University of Washington, a dean who cares deeply about the experience students have in school, the education they pay for, and the success of their future practices will undoubtedly usher in a new era of success and satisfaction.

UW Students Take Ethical Stand Against Midlevel Providers

By Halee Hyatt

Despite heated debate and hotly contested political negotiations, the Washington State House of Delegates took a

controversial political stance and approved a resolution that may introduce midlevel provider legislation in 2013. Over the course of recent history, the Washington State Dental Association (WSDA) has actively opposed numerous proposals to establish dental therapists and weaken patient safety standards. After narrowly defeating legislation proposed by the Washington State Senate and fueled by the Kellogg and Pew Foundations in 2011 and 2012, the WSDA reversed course. Given the growing legislative support for an access to care solution and demands that the WSDA come to the negotiating table with something more than unending refusals, the Board grudgingly presented HD-13-2012.

The dilemma faced by the House of Delegates forced us to determine whether the WSDA wanted to shape the parameters of the dental midlevel provider model or continue our historical opposition and live with the outcome should legislation introduced by advocacy organizations pass. Despite calling into question the supposed inevitability of a legislature-backed proposal passing without the support of dentists in Washington, the prevailing understanding was that the legislature could

Continued...

reliably be expected to pass an unacceptable bill (with midlevels under the jurisdiction of the Department of Health rather than DQAC, an unsafe scope of practice, and more general than close supervision) in the near future. Given these political realities, the House of Delegates were tasked with making the decision to either control the formulation and practice of a midlevel provider position or allow it to be controlled by non-dentists.

Over the course of three days, the House contemplated the testimony of dentists from Seattle to Spokane testify vehemently for or against the resolution. Arguments in favor of HD-13 attempted to justify a “palatable, “ but uncomfortable proposal with the merits of reclaiming lost political capital, regaining the trust of advocacy organizations, and moving forward with the multitude of other important issues facing our practices and patients.

Three of the most anticipated and carefully crafted arguments in the room came from the University of Washington dental student delegates. Their perspective, as the future providers most impacted by the proposal, called on their ethical foundations in opposition to the resolution. UW Delegate and chapter Treasurer Yoni Ahdut reminded delegates that to succumb to political fears would mean to compromise our core principles. ASDA District 10 Trustee and ADA Delegate Tyler Rumble spoke to the economic invariability of the proposal and implored Delegates to remember the challenges already facing new

dentists in the job market.

While nearly every delegate expressed discomfort or worse with the proposal, HD-13-2012 passed the Washington State House of Delegates with a 58-20 vote. Delegates will now face the difficult task of educating their constituents about the resolution and assuaging their fears about the future of midlevel providers.

Roseman (...continued from page 2)

I never expected the first year of dental school to be easy and Roseman is no exception. They have set such a standard for excellence, expecting us to earn a pass grade of ninety percent or better on each test, but they have also shown us that it is possible. I am learning material so much better than I ever have before and in doing so I am on the road to becoming the best dentist I can be. The learning style is revolutionary and having a chance to be a part of the history of this institution and of dental education is an incredible honor.

Between attending class, studying, cooking dinners and an occasional relaxing evening, life as a first year dental student at Roseman is everything I expected but more. The “more” stems from how connected I already feel with the school, in just a short six weeks. Everyone feels like long time family and Utah has an odd sense of being home now. I know the excitement I feel for the next four years is also shared by my fellow colleagues and I look forward to an incredible journey.



Dental Student Gains 30 lbs...continued from page 3

...babysitting, or simply helping me catch up on missed coursework. Dental school can be a lot of work and require a lot of time; so can a baby. But putting in the time is only half of the battle; I've found that it's important rely on others when trying to accomplish great things. My success as a mother and a dentist is being shaped by the help of others. Most of that 30 pounds is now gone

and I can easily fit back into my old clinic scrubs. But I now have a smiling, drooley little guy to show for it. Each of us as dental students spend our days learning and choose to spend the remainder of our time in a variety of fashions. I am no different; I just get to spend the rest of my time learning how to better care for and improve the quality of life of my son. Or rather, he is doing that for me.

Midwestern University: Working Together

By Liz Davis and Rachel Ecker

Midwestern University College of Dental Medicine, being a fairly new school (we just graduated our inaugural class in May), has become accustomed to modifications in scheduling, curriculum order, various methods of standardizing evaluation of performance and procedures in clinic, etc. When our clinic first opened in June of 2010, the inaugural class worked in pairs to provide patient care. Towards the end of their D3 year when the second class moved over to clinic, the original pairings were broken up and it was proposed that the pairs be split and students work alone.

The inaugural class worked with the administration to maintain the clinic partner model, which resulted in each pair consisting of a D3 student and a D4 student. This allows for wonderful continuity of care for our patients, when the D4 student graduates the patient will still continue care with the advancing DS3 student. We notice that patients appreciate always being with the same pair of students, and they get excited for us as we approach graduation.

Not only is it beneficial to the patient, but it has also fostered a positive learning environment for the students. It increases efficiency and has augmented our abilities to get procedures done, keep in touch with patients, keep up-to-date and accurate charts, use new and different materials,

break down and set up operatories, complete lab work, and all the other little things that need to be done in clinic. Since clinic requires so many roles of dental students, it is really a team effort with a clinic partner.

This model helps things run more smoothly between patients, and it allows us to see more patients in a day than if we worked alone. We are able to “split pairs” when we have procedures like perio maintenance, periodic exams and prophys, or simple restorations – but there’s nothing like having someone who knows what it’s like to prep a crown hold the high volume suction during YOUR crown prep!

This model increases patient familiarity with the students, and helps the students work more efficiently. But equally important to the overall experience at our dental clinic, we are learning what it’s like to work with an assistant. Graceful delivery of constructive criticism and friendly suggestions, as well as teamwork in treatment planning and problem-solving,



Rachel Ecker '14



Liz Davi '13

makes for a great clinic experience that is preparing us for private practice. Someday, we will all have to train our assistants to our own preferences and we will all need to know how to appreciate our staff. By playing all of these roles in clinic already, I know I will be thankful for my front desk staff and assistants for making patient phone calls and organizing a beautiful patient schedule!

Supporting Students



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OHSU School of Dentistry: ASDA Activities

By Thalia-Rae Criddle

AADSAS Information Night

Members of OHSU ASDA hosted the AADSAS Info night on Thursday, Feb. 23rd, 2012. Pre-dental students were invited to come learn more about the application process. Students viewed a PowerPoint presentation (top left), which outlined the basics, requirements, and timeline of dental school applications, followed by a step-by-step demo.

The experiences shared by the dental students, along with their advice on how to strengthen the application made the event successful. Pre-dental students were also given an opportunity to ask Mark Mitchell, Associate Dean of Academic Affairs, questions concerning the application process.



O'Brien Dental Lab Inc: Digital Technology Utilization

Guest speakers Derrick Luksch and Mike Wilson, from a local dental lab, jointly presented a lecture on using digital technology (CAD/CAM) in your practice. "O'Brien's lab is extremely informative. They truly understand the various challenges, selection criteria, and technologies that are needed in a dental prosthetic lab," said Lunch and Learn committee member Noor Khaki. The lunch and learn functioned as a way to increase ASDA members to the integration of technology into their offices. It also provided information on the kinds of financing students could expect from purchasing such technology.

The CAD/CAM lecture was one of a three-part series from the O'Brien Dental Lab. The other two lectures were held throughout the 2012 spring semester.

ADPAC

ASDA was pleased to welcome Dr. Douglas Hadnot, DDS all the way from Montana. He spoke to an audience of over 120 students about the purpose of ADPAC and current legislative issues. Students were able to ask questions about trending dental topics such as mid-level providers and public health practices. Over 35 students signed up to be members of ADPAC and by doing so are directly supporting ADPAC legislation.

AND the Chiptole burritos supplied courtesy of ASDA were amazing!



150 Pre-dental Students Flood Midwestern Dental School

By Kenny Edwards

The 4th annual ASDA Dental Simulation Course held at the Midwestern University Glendale campus was a huge success this summer. Over the course of two weekends in June, over 150 participants came onto the campus and were able to get a glimpse into the life of a dental student. The course is meant to be a window into what day to day life is like during dental school. Even though the “true experience” can only come from actually being in a program, as we all know so well, those who attended were able to gain experience in various activities that they would not have afforded else.

Travelling to Glendale, Arizona from 17 states as well as from Canada, the MWU-Glendale ASDA Chapter welcomed attendees onto campus and into our classrooms and simulation Lab. Starting immediately on the first morning of the course, we presented them with lectures about the various aspects of dentistry. Topics ranged from the basics such as the tooth numbering system and general anatomy to more complex concepts such as

detailed morphology, waxing, and even preparations. Once the lectures were given, participants then practiced the learned topics in the simulation lab with current dental students and faculty about the topics they had just learned. Participants were allowed to do impressions and models, tooth waxing, composite restorations, and even class I preps at the very end of the course.

A highlight for many participants seemed to be the interaction with the faculty and student volunteers during the course. Many were gearing up to take the DAT and/or start applying to programs, and had numerous questions about admissions, financial aid, studying, student life, and so much more. The valuable insight seemed to be much appreciated, and all the volunteers were more than happy to give back to pre-dents in a way that many of us were not as lucky to have experienced in those stressful, uncertain times of applying to dental school. The course is held annually in June, and it's competitive out there, so spread the word to any pre-dent you may know so that they can be as well prepared as possible when it comes time for them to apply!

ASDOH ASDA 1st Dental Mission Trip (continued from page 3)

The clinic site was a church, a small concrete building surrounded by bamboo and weeds. There was an outhouse, with a simple hole in the ground, and without clean water and soap. There was also a watering hole, where the children and clothed adults bathed, just a few feet away from the church doors.

There were four operative chairs, and three extraction chairs inside the church. Each ASDOH ASDA member was paired with a Cambodian dental student and we took turns being operator and assistant after each patient. It was a great combination of skills, in that the U.S. dental students were more confident in performing operative procedures, and the Cambodian dental students and dental nurses were experts in performing extractions. The patients, who were of all ages, were first screened outside by dental nurses and/or a dentist. Then, they were asked to come in to the clinic with a paper

that indicated their immediate needs for treatment. All of us had the opportunity to administer local anesthesia, prep Class I, II, III, IV, and V's, restore with glass ionomer, amalgam, or composite, learn to use foreign instruments for extractions of severely decayed teeth and root tips, and write prescriptions for amoxicillin, and/or paracetamol, or ibuprofen.

Despite the hours of hard work in dripping sweat, due to the humidity in Cambodia, and lack of air flow through the mobile site, every day was a rewarding experience and offered awesome learning opportunities. The D2s feel much more confident about their skills, are better prepared in doing dentistry and transitioning into clinic. The upperclassmen gained more experience in treating patients, especially in extractions.

**Want more information? Interested in donating?
SEE THE SIDEBAR ON PAGE 2.**

UNLV Goes to Brazil

By Don Phipps

I had the privilege of representing UNLV School of Dental Medicine at the IADR convention in Foz de Iguacu, Brazil, this June 2012. Although the focus of the trip was the convention, there were definitely more benefits. By arriving a few days early, we were able to enjoy the beautiful city, unique culture, and of course, the amazing Iguacu Falls. It was also a relief to take a break from the repetition of school at one of the most beautiful places in the world. Even though I had to pay the price the next week with make-up work and exams, it was still a small price to pay for an unforgettable experience.

To be honest, the actual research convention was not my primary reason for going. I had never before given an oral research presentation before, I was nervous, and I thought I might find the other research presentations boring. Luckily, I was wrong; giving the oral presentation was the highlight

of the trip. As I presented, everyone paid close attention. There were probably only fifteen people in the audience but after the presentation, they asked me questions. I was surprised at how interested they were in the research. The atmosphere was friendly and people from all over the world shared, listened, and learned.

While there, I was also able to hear other oral presentations and to look at a few of the unbelievable number of poster presentations. Since all of the research was dental-related, listening was much more enjoyable and interesting than I had anticipated. Attending the IADR was a unique experience that I was fortunate to make a part of my dental school years. The area was beautiful, the Falls were unbelievable, and the convention was fun and edifying. My experience helped me appreciate work that is currently being done in the field of dentistry and made me want to do more research. I hope to be able to attend the next convention in two years.

UPCOMING EVENTS

DISTRICT MEETING

FEBRUARY 9, 2013

LAS VEGAS, NV

ANNUAL SESSION

MARCH 6-9TH, 2013

ATLANTA, GA

THE MARGIN – CONTACT INFORMATION

Tyler Rumble

District 10 Trustee

University of Washington School of Dentistry

Email: tjr61@uw.edu

Thalia-Rae Criddle & Devin Wahlstrom

Editors-in-Chief

Oregon Health and Science University School of Dentistry

email: criddle@ohsu.edu

email: wahlstrd@ohsu.edu