

## Learning Goal and Plan Examples for the Dental Hygienists OLP

Practice Area identified in need of improvement	Dental Hygiene Content Categories	Learning Goal	Plan to Support the Goals
I need to incorporate blood pressure readings into my practice, at a minimum at baseline with high-risk clients	D1. Dental hygiene clinical practice – health assessment/ pharmacology and emergency prevention	By June 2024, I will improve my practice by taking vital signs (at minimum blood pressure readings) on all clients as baseline data and continue to monitor BP with all high-risk patients, especially when planning to administer LA.	<ol style="list-style-type: none"> <li>1. I will undertake a self-study to review the relevant chapter on vital signs of Darby and Walsh’s Dental Hygiene Theory and Practice (5<sup>th</sup> ed.). This action will be undertaken immediately and completed by April 2024.</li> <li>2. I will speak with my office about purchasing a blood pressure cuff, so I am able to incorporate taking blood pressure on my clients (at a minimum, those on BCP, antihypertensive and anti-hyperlipidemic medications). This action will be undertaken immediately and be completed by May 2024.</li> <li>3. I will promote the practice of taking vitals in my dental practice by speaking with my dental hygiene colleagues and dentist immediately.</li> </ol>
I need to ensure full baseline probing depths are taken and recorded for all the clients in my care.	F1. Professional issues – documentation  Dental hygiene clinical practice – periodontology	By May 2024, I will perform, accurately assess and record each client’s baseline probing depths in order to inform an accurate dental hygiene diagnosis.	<ol style="list-style-type: none"> <li>1. I will review the BCCOHP Dental Hygienist Practice Standard #3 (assess the client’s needs). I will also complete the BCCOHP Dental Hygienists Jurisprudence Education Module via the website link. This action will be undertaken beginning in April and will be fully implemented into my practice by May 2024.</li> <li>2. I will review the chapter on periodontal assessment in Darby and Walsh’s Dental Hygiene Theory and Practice (5<sup>th</sup> ed.) to evaluate what the current research indicates is best practice in measuring periodontal pockets for different clients. This action will be undertaken beginning in April and will be fully implemented into my practice by May 2024.</li> </ol>
I need to include caries risk information/ education in my dental hygiene plan for clients with high caries risk	D6. Dental hygiene clinical practice – prevention strategies	By September, 2024, I will learn to incorporate education on caries risk reduction and prevention in the treatment planning for those identified as having a high caries risk and ensure education is provided.	<ol style="list-style-type: none"> <li>1. Using PubMed, I will conduct a literature review on the current evidence regarding the best prevention strategies for clients with high caries risk. This action will involve locating, reading, and classifying each article by research category and level of evidence, to be undertaken beginning in May 2024 and completed by June.</li> <li>2. I will prepare relevant notes of my findings on effective caries risk prevention strategies by July that I can reference in practice.</li> <li>3. Using information gathered from #1 and #2, I will prepare a resource folder of information to have on hand in my DH practice by August.</li> <li>4. I will complete an online webinar module by September 2024 on how to incorporate client education more effectively into the dental hygiene plan.</li> </ol>

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I need to re-certify for CPR-BLS	D7. Dental hygiene clinical practice - emergency prevention and interventions	I will recertify for CPR BLS every year beginning in September 2023 to ensure currency of the certificate as well as my knowledge, appropriate skills.	<ol style="list-style-type: none"> <li>1. I will attend a CPR refresher course and obtain my recertification for CPR (Basic Life Support) by September 2023 and make a note in my calendar to retake course every year.</li> </ol>
I need to be more knowledgeable on the current research findings on oral-systemic health and incorporate this into my daily practice	E3. Community - research	By November 2025, I will be able to share with my clients a summary of findings from the latest research on the mouth-body health connection research.	<ol style="list-style-type: none"> <li>1. I will attend a CE course (TBA) on the oral systemic connection by January 2025.</li> <li>2. Based on #1, I will locate and read published research on the oral-systemic link with diabetes, osteoporosis, aspiration pneumonia, and cardiovascular disease by April 2025.</li> <li>3. I will analyze and evaluate published journal articles on the oral-systemic link and use this information to create a fact sheet for my clients that cites current research findings in plain language by November 2025.</li> </ol>
I need to learn more about Alzheimer's Disease and how best to treat clients with this condition	E2. Community - public health practice related to client advocacy, health promotion and wellness strategies	By July 2024, I will be able to confidently discuss the impact of Alzheimer's Disease on an individual's oral health and overall health and wellness and share helpful strategies for daily mouth care and professional dental hygiene and dental treatment to clients and their families.	<ol style="list-style-type: none"> <li>1. I will review and take notes on chapters that contain information about Alzheimer's disease in the textbook by Little et al. (2018) entitled "Dental management for the Medically Compromised Patient (9<sup>th</sup> ed.) by January 2024.</li> <li>2. I will attend the Special Care conference session on "Alzheimer's disease and oral health care" in March 2024.</li> <li>3. I will conduct a search for current resources, including journal publications (2018-2023), online fact sheets, and videos and create a list of resources to assist my clients and their families by June 2024. Information gathered will also be added to my DH practice reference binder.</li> <li>4. I will create a "helpful oral health tips" fact sheet for family members of individuals with Alzheimer's Disease by July 2024 using Microsoft Publisher and the information I have gathered upon achievement of learning strategies 1-3.</li> </ol>

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I need to review dental hygiene considerations for clients with dental implants	D3. Dental hygiene clinical practice - non-surgical dental hygiene therapy	By July 2024, I will create and incorporate into my dental office practice a dental implant protocol which will include guidelines for radiography, non-surgical dental hygiene therapy, referrals, and recommendations for daily oral hygiene.	<ol style="list-style-type: none"> <li>1. By April 2024, I will review pertinent information in the textbook's: Newman et al. (2012) "Carranza's Clinical Periodontology (11<sup>th</sup> ed.) and Chapter 31 of Darby and Walsh's Dental Hygiene Theory and Practice (5<sup>th</sup> ed.) to understand implant disease, referral needs and radiographic recommendations.</li> <li>2. I will attend the "dental implant" course at the Pacific Dental Conference held in March 2024 and take detailed notes.</li> <li>3. I will review the 5th edition of Nield-Gehrig (2020) textbook: "Foundations of Periodontics for the Dental Hygienist" on implant instrumentation by June 1, 2024.</li> <li>4. I will research dental instrument company booths at the PDC in March 2024 to evaluate available implant scalers and order them for my practice.</li> <li>5. I will create a dental hygiene protocol for treating clients with dental implants and share this with all staff in my office by July 2024.</li> </ol>