



## Suggested Online Learning Activities by QAP Content Subcategory

The following is not meant to be an exhaustive list, rather an example of online learning activities available for self-study that might support one's Online Learning Plan (OLP). It is up to the professional discretion of each registrant to ensure that information is appropriate, current and related to a given content category and one's practice setting.

### A. Biological Sciences

#### A1 – General & oral microbiology/infection control

- VIVA Learning – Coping with Coronavirus (COVID-19)  
[http://vivalearning.com/member/classroom.asp?x\\_classID=4051](http://vivalearning.com/member/classroom.asp?x_classID=4051)
- Hu-Friedy – Navigating Infection Prevention Practices in Dental Settings  
<https://event.on24.com/eventRegistration/EventLobbyServlet?target=reg20.jsp&referrer=https%3A%2F%2Fwww.hu-friedy.com%2Feducation%2Fcontinuing-education-classes&eventid=2011695&sessionid=1&key=D5930766E89794EDD043ECFD17CD137A&regTag=&sourcepage=register>
- Hu-Friedy – Hand Hygiene: Taking Action to Stay Healthy  
<https://event.on24.com/eventRegistration/EventLobbyServlet?target=reg20.jsp&referrer=https%3A%2F%2Fwww.hu-friedy.com%2Feducation%2Fcontinuing-education-classes&eventid=2011611&sessionid=1&key=7A4D3081F819DB8A02E904C74148A0F2&regTag=&sourcepage=register>
- CDHA – Clean the Air: Best Practices for the Management of Aerosols  
[https://www.cdha.ca/cdha/Education/webinars/CDHA/Education/Webinars/Aerosol\\_Reduction.aspx](https://www.cdha.ca/cdha/Education/webinars/CDHA/Education/Webinars/Aerosol_Reduction.aspx)
- Dentalcare.com – Syllabus: Infection Prevention, Hazardous Waste Management, and Hazard Communication Compliance (13 modules)  
<https://www.dentalcare.com/en-us/professional-education/ce-courses?course-topic=medical-health-history-742&course-audience=dental-hygienists>

#### A2 – Biochemistry/nutrition/diet counseling

- Dentalcare.com – Food for Thought: The Relationship Between Oral Health and Nutrition  
<https://www.dentalcare.ca/en-ca/professional-education/ce-courses/ce583>
- CDHA – Canada's New Food Guide: Highlights and Oral Considerations  
[https://www.cdha.ca/cdha/Education/Webinars/CDHA/Education/Webinars/Canadas\\_New\\_Food\\_Guide.aspx](https://www.cdha.ca/cdha/Education/Webinars/CDHA/Education/Webinars/Canadas_New_Food_Guide.aspx)
- Government of Canada - Canada's Food Guide\*\*  
<https://food-guide.canada.ca/en/>
- Colgate – Oral Health network – Sugars and Oral Health: Evidence to Practice  
<https://www.colgateoralhealthnetwork.com/webinar/sugars-and-oral-health-evidence-to-practice/>



## Suggested Online Learning Activities by QAP Content Subcategory

### B. Social Sciences

#### B1 – Psychology/sociology

- Provincial Health Services Authority – Trans Care BC – Exploring Gender Diversity: for health and human services\*

<https://learninghub.phsa.ca/Courses/22474/>

(Note: that a version of this e-learning course is also available free of charge for health authority employees at: <https://learninghub.phsa.ca/Courses/8141/exploring-gender-diversity>)

- San'yas BC Indigenous Cultural Safety Training – Core ICS Health\*

<http://www.sanyas.ca/training/british-columbia/core-ics-health>

(Note: fee not required for health authority and Ministry of Health employees)

- Alberta Health Services – Trauma-Informed Care: E Learning Modules

<https://www.albertahealthservices.ca/info/Page15526.aspx>

#### B2 – Communication principales/behaviour management strategies

- Colgate – Oral Health Network – Strategies for Engagement Through Motivational Interviewing and Group Facilitation

<https://www.colgateoralhealthnetwork.com/webinar/strategies-for-engagement-through-motivational-interviewing-and-group-facilitation-2/>

- Colgate – Oral Health Network – Increasing Patient Engagement: Efficacy of Educational Interventions

<https://www.colgateoralhealthnetwork.com/webinar/increasing-patient-engagement-efficacy-of-educational-interventions/>

### C. Dental Sciences

#### C1 – Head, neck, oral and dental anatomy

- Dentalcare.com – An Overview of Dental Anatomy

<https://www.dentalcare.ca/en-ca/professional-education/ce-courses/ce500>

#### C2 – General & oral embryology, histology

- Biomedical Sciences – Development of Teeth January 2018\*\*

[https://www.researchgate.net/publication/323033829\\_Development\\_of\\_Teeth](https://www.researchgate.net/publication/323033829_Development_of_Teeth)

- Dentalcare.com – Anatomy & Histology of the Gingival Unit and Basic Oral Hygiene

<https://www.dentalcare.com/en-us/professional-education/ce-courses/ce592>

#### C3 – Radiography knowledge, interpretation

- CDHA – Radiation Safety for Dental Hygienists (4 modules)\*

[https://www.cdha.ca/cdha/Education/Online\\_Courses/Radiation\\_Safety\\_for\\_Dental\\_Hygienists/CDHA/Education/Courses/Radiation\\_Safety\\_Course\\_for\\_Dental\\_Hygienists.aspx#tabs-2](https://www.cdha.ca/cdha/Education/Online_Courses/Radiation_Safety_for_Dental_Hygienists/CDHA/Education/Courses/Radiation_Safety_Course_for_Dental_Hygienists.aspx#tabs-2)



## Suggested Online Learning Activities by QAP Content Subcategory

- DH Solutions Inc. – Let's focus on image! Radiography for the Dental hygienist\*  
<https://dhsolutionsinc.com/index.php/webinars/products-available/radiography-rdh>

- Dentalcare.com – Syllabus: Dental Radiography (12 modules)  
<https://www.dentalcare.com/en-us/professional-education/ce-courses?course-topic=medical-health-history-742&course-audience=dental-hygienists>

### **C4 – General & oral pathology**

- Dentalcare.com – A Guide to Clinical Differential Diagnosis of Oral Mucosal Lesions  
<https://www.dentalcare.ca/en-ca/professional-education/ce-courses/ce110>
- DH Solutions Inc. Exploring the Oral Cavity: An Oral Pathology Course for Dental Hygienists by a Dental Hygienist\*  
<https://dhsolutionsinc.com/index.php/webinars/products-available/oral-pathology-for-the-dental-hygienist>
- Colgate – Oral health Network – Diagnosis and Management of Oral Lesions.  
<https://www.colgateoralhealthnetwork.com/webinar/diagnosis-and-management-of-oral-lesions/>

### **C5 – Dental Materials**

- Darby and Walsh Dental Hygiene Theory and Practice 5<sup>th</sup> Edition – Chapter 35: Pit and Fissure Sealants. Chapter 38: Impressions for Study Casts and Mouth Guards. Chapter 39: Restorative Therapy. Chapter 41: Fixed and Removable Dental Prostheses\*\*
- Wiley Online Library – Dental Traumatology – Effect of mouthguard design on retention and potential issues arising with usability in sport\*\*  
<https://onlinelibrary.wiley.com/doi/full/10.1111/edt.12446>

## **D. Dental Hygiene Clinical Practice**

### **D1 – Health assessment/pharmacology (prescribed and non-prescribed)**

- Dentalcare.com – Cardiovascular Drugs Our Patients Take  
<https://www.dentalcare.com/en-us/professional-education/ce-courses/ce581>
- Darby and Walsh Dental Hygiene Theory and Practice 5<sup>th</sup> Edition – Chapter 13: Personal, Dental, and Health Histories. Chapter 14: Vital Signs. Chapter 15: Pharmacological Histories.\*\*
- Dentalcare.com – General Principles of Pharmacology  
<https://www.dentalcare.com/en-us/professional-education/ce-courses/ce580>

### **D2 – Periodontology (including assessment, diagnosis)**

- CDHA – Exploring the NEW AAP Periodontal Disease Classification Part 1: Introduction  
[https://www.cdha.ca/cdha/Education/webinars/CDHA/Education/Webinars/AAP\\_Perio\\_Webinar\\_Part1.aspx](https://www.cdha.ca/cdha/Education/webinars/CDHA/Education/Webinars/AAP_Perio_Webinar_Part1.aspx)



## Suggested Online Learning Activities by QAP Content Subcategory

- CDHA – Exploring the NEW AAP Periodontal Disease Classification Part 2: Staging & Grading  
[https://www.cdha.ca/cdha/Education/webinars/CDHA/Education/Webinars/AAP\\_Perio\\_Webinar\\_Part2.aspx](https://www.cdha.ca/cdha/Education/webinars/CDHA/Education/Webinars/AAP_Perio_Webinar_Part2.aspx)

### **D3 – Non-surgical dental hygiene therapy including instrumentation (hand and powered) and ergonomics**

- VIVA Learning – Global Dental Health Trends that Change the Way You Deliver Patient Care  
[https://www.vivalearning.com/member/classroom.asp?x\\_source=DENTREK&x\\_classID=3924](https://www.vivalearning.com/member/classroom.asp?x_source=DENTREK&x_classID=3924)
- VIVA Learning – Elevating Your Instrumentation Skills: the Dental Hygienist Unplugged  
[https://www.vivalearning.com/member/classroom.asp?x\\_source=DENTREK&x\\_classID=3785](https://www.vivalearning.com/member/classroom.asp?x_source=DENTREK&x_classID=3785)
- Hu Friedy – Don't Get Burned - Keys to Avoid and Remove Burnished Calculus  
<https://event.on24.com/eventRegistration/EventLobbyServlet?target=reg20.jsp&referrer=https%3A%2F%2Fwww.hu-friedy.com%2Feducation%2Fcontinuing-education-classes&eventid=1986085&sessionid=1&key=A56AEB5DC05BEA4DA3E58A3A6CB46354&regTag=&sourcepage=register>
- Darby and Walsh Dental Hygiene Theory and Practice 5<sup>th</sup> Edition – Chapter 28: Hand-Activated Instrumentation. Chapter 29: Ultrasonic Instrumentation. Chapter 12. Ergonomics and Work-Related Musculoskeletal Disorders.\*\*

### **D4 – Care of special needs population**

- CDHA – Lifelong Smiles for Individuals with Intellectual Disabilities: A Resource for Oral Health Professionals  
[https://www.cdha.ca/cdha/Education/Online\\_Courses/Lifelong\\_Smiles\\_for\\_Individuals\\_with\\_Intellectual\\_Disabilities/CDHA/Education/Courses/Lifelong\\_Smiles\\_for\\_Individuals\\_with\\_Intellectual\\_Disabilities.aspx?hkey=52f74764-50c8-491f-8bf8-8c5313dd3a08](https://www.cdha.ca/cdha/Education/Online_Courses/Lifelong_Smiles_for_Individuals_with_Intellectual_Disabilities/CDHA/Education/Courses/Lifelong_Smiles_for_Individuals_with_Intellectual_Disabilities.aspx?hkey=52f74764-50c8-491f-8bf8-8c5313dd3a08)
- Colgate – Oral Health Network – Diabetes and Oral Disease  
<https://www.colgateoralhealthnetwork.com/webinar/diabetes-and-oral-disease/>
- VIVA Learning – The Big C: Coronary Heart Disease  
[https://www.vivalearning.com/member/classroom.asp?x\\_source=DENTREK&x\\_classID=3010](https://www.vivalearning.com/member/classroom.asp?x_source=DENTREK&x_classID=3010)

### **D5 – Pain management & control**

- VIVA Learning – Local Anaesthetics – An Update for the Dental Hygienist  
[https://www.vivalearning.com/member/classroom.asp?x\\_source=DENTREK&x\\_classID=1708](https://www.vivalearning.com/member/classroom.asp?x_source=DENTREK&x_classID=1708)
- Dentalcare.com – Pharmacology of Local Anesthetics: Clinical Implications.  
<https://www.dentalcare.com/en-us/professional-education/ce-courses/ce449>
- Colgate - Oral Health Network – I Haven't Got Time for this Pain!  
<https://www.colgateoralhealthnetwork.com/webinar/i-havent-got-time-for-this-pain/>



## Suggested Online Learning Activities by QAP Content Subcategory

### D6 – Primary prevention strategies including oral self-care

- Dentalcare.com – Current Concepts in Preventative Dentistry  
<https://www.dentalcare.ca/en-ca/professional-education/ce-courses/ce334>
- VIVA Learning - Implementing Fluoride Varnish in Your Office  
[https://www.vivalearning.com/member/classroom.asp?x\\_source=DENTREK&x\\_classID=3862](https://www.vivalearning.com/member/classroom.asp?x_source=DENTREK&x_classID=3862)

### D7 – Emergency prevention & interventions

- Dentalcare.com – Managing Adult Medical Emergencies in the Dental Office  
<https://www.dentalcare.com/en-us/professional-education/ce-courses/ce516>
- Colgate – Oral Health Network – Update on Medical Emergencies  
<https://www.colgateoralhealthnetwork.com/webinar/update-on-medical-emergencies-2018/>
- Dimensions of Dental Hygiene – Preparing for Medical Emergencies\*  
<https://dimensionsofdentalhygiene.com/article/preparing-medical-emergencies/>

## E. Community

### E1 – Public health practice, including programming & client advocacy

- CDHA – Advocacy Resources\*\*  
[https://www.cdha.ca/cdha/The\\_Profession\\_folder/Policy\\_Advocacy\\_folder/Advocacy\\_Toolkit/CDHA/The\\_Profession/Policy\\_Advocacy/Advocacy\\_Toolkit.aspx](https://www.cdha.ca/cdha/The_Profession_folder/Policy_Advocacy_folder/Advocacy_Toolkit/CDHA/The_Profession/Policy_Advocacy/Advocacy_Toolkit.aspx)
- BC Center for Disease Control – bc211 Training \*\*  
<http://www.bccdc.ca/health-professionals/education-development/bc211-training#EHOs--&--bc211>  
and <http://www.bc211.ca>

### E2 – Health promotion and wellness strategies

- Dentalcare.com – Marijuana Use and Oral Health  
<https://www.dentalcare.ca/en-ca/professional-education/ce-courses/ce460>
- CDHA – Up in Smoke! The Vaping Trend  
[https://www.cdha.ca/cdha/Education/webinars/CDHA/Education/Webinars/The\\_Vaping\\_Trend.aspx](https://www.cdha.ca/cdha/Education/webinars/CDHA/Education/Webinars/The_Vaping_Trend.aspx)

### E3 – Research/epidemiology/statistics

- Dentalcare.com – Evidence-based Decision Making: Introduction and Formulating Good Clinical Questions  
<https://www.dentalcare.com/en-us/professional-education/ce-courses/ce311>
- CDHA Canadian Journal of Dental Hygiene September-October 2004 - Do No Harm – Are You? Is Your Dental Hygiene Practice Evidence-Based? Part 1 \*\*  
[https://www.cdha.ca/pdfs/Profession/Publications/Journal\\_September\\_2004.pdf](https://www.cdha.ca/pdfs/Profession/Publications/Journal_September_2004.pdf)



## Suggested Online Learning Activities by QAP Content Subcategory

- CDHA Canadian Journal of Dental Hygiene September-October 2004 - Using Qualitative Research for Evidence-Based Dental Hygiene Practice \*\*  
[https://www.cdha.ca/pdfs/Profession/Publications/Journal\\_September\\_2004.pdf](https://www.cdha.ca/pdfs/Profession/Publications/Journal_September_2004.pdf)

### F. Professional Issues

#### **F1 – Ethics & jurisprudence (including legislation, regulation, QA, documentation)**

- CDHBC – News & Events – New Regulation & Bylaw Amendments \*\*  
<http://www.cdhbc.com/News-Events/Proposed-Bylaw-Amendments-November-2019.aspx>

#### **F2 – Collaborative relationships/referrals/administration/practice management**

- CDHBC – Interpretation Guideline: Referrals by Dental Hygienists \*\*  
<http://www.cdhbc.com/Practice-Resources/Interpretation-Guidelines/Referrals-by-Dental-Hygienists.aspx>
- Dentalcare.com – Achieving Patient-centered Care through Interprofessional Collaborative Practice  
<https://www.dentalcare.com/en-us/professional-education/ce-courses/ce471>

**\* These learning activities have a fee associated with them.**

**\*\* In order to claim Continuing Competency credits for learning activities that involve reading journal articles, grey literature, or textbook chapters, a reflection on the learning accomplished must be submitted when entering the activity in your Online Learning Plan.**



## Suggested Online Learning Activities by QAP Content Subcategory

### Additional/General Resources

#### Dental Hygiene Journal Publications

- Canadian Journal of Dental Hygiene  
[http://www.cdha.ca/AM/Template.cfm?Section=The\\_Journal&Template=/CM/HTMLDisplay.cfm&ContentID=12202](http://www.cdha.ca/AM/Template.cfm?Section=The_Journal&Template=/CM/HTMLDisplay.cfm&ContentID=12202)
- American Journal of Dental Hygiene  
<http://www.adha.org/publications/index.html>
- International Journal of Dental Hygiene  
<http://www.ifdh.org/publications.html>

#### Other Journal Publications

- American Journal of Periodontology  
<https://aap.onlinelibrary.wiley.com/journal/19433670>
- Community Dentistry & Oral Epidemiology  
[http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1600-0528](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1600-0528)
- Journal of Dental Education  
<http://www.jdentaled.org/>
- Journal of the American Dental Association  
<http://jada.ada.org/>
- Journal of the Canadian Dental Association  
<http://jcda.ca/>
- SCDA Journal (Special Care Dentistry Association)  
<http://www.scdonline.org/?page=SCDAJournal>
- The American Journal of Clinical Nutrition  
<https://academic.oup.com/ajcn>

#### Educational Resources

- Broome Community College Dental Hygiene Videos  
<https://itunes.apple.com/us/itunes-u/dental-hygiene-videos/id408875177>
- CDHA Online Courses and Webinars  
<https://www.cdha.ca/CDHA/Education/Webinars/Default.aspx?WebsiteKey=096c87da-2001-4e4b-aa50-1caed665204c&hkey=98077c45-00cd-49d0-ac40-6cb2ef199253&tabbedPanel=2#tabbedPanel>
- Colgate: Professional Education  
<https://www.colgateoralhealthnetwork.com/webinar/>
- Dentalcare.com: Dental Continuing Education Courses  
<https://www.dentalcare.com/en-us/professional-education/ce-courses>
- RDHEDU.COM Online Dental Education Center  
<http://rdhedu.com/>
- VIVA Learning Online Dental CE  
<https://www.vivalearning.com/>
- **Currently under revision:** BCDHA Comprehensive Dental Hygiene Refresher Modules  
[http://www.bcdha.com/?page\\_id=90](http://www.bcdha.com/?page_id=90)

