



SPEAKER packet

Theresa McCarter, BSDH, RDH



HygieneWize
Continuing Education Services



An educated and empowered team lies at the heart of an efficient, synchronized practice.

Whether it's gaining a deeper understanding of generational differences, compliance issues, oral hygiene products or applying healthy body mechanics in the office, **Theresa McCarter, RDH, BSDH** is passionate about helping teams reach their full potential.

A practicing clinical hygienist for 20+ years, Theresa's courses help teams stay relevant and empower them to deliver the best possible patient care. In her highly interactive, engaging presentations, attendees deepen skillsets and understanding of current and practical dental topics.



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Presentations

Oral Hygiene Products Update: Navigating the Product Aisle for Oral Health



Explore the ingredients, characteristics and active properties of popular oral health products/brands to help patients make the right choice.

Sitting is Killing Us: The Health Hazards of Sitting Too Much



Recognize the detrimental health effects of prolonged sitting and discover techniques and tools to keep these health concerns at bay.

Infection Control Beyond Spray, Wipe, Spray: If Zombies Were Real, Could You Prevent an Outbreak in Your Office?



Understand the importance of infection control and learn the preventative techniques necessary to minimize infection transmission.

Dentistry for the Ages: Caring and Connecting for Geriatric Patients (with Patience)



Learn valuable techniques for delivering excellent care to patients over 65. From understanding vulnerabilities, to communicating effectively, this session will help you bridge the generational gap between your team and your patients.

Oral Hygiene Products Update:

Navigating the Product Aisle for Oral Health

Keeping up with clinical advances in dentistry is hard enough: Then we enter the OTC oral healthcare aisle.

When patients observe multiple choices in dental products that all feel vaguely the same, they can feel a great deal of “choice overload” (especially when they aren’t experts in the field).

This may explain why many dental patients still grab a familiar tube of the same toothpaste they’ve been using since they were kids—even when better, newer, more advanced formulas might help to significantly improve their oral and systemic health.

As patient advocates and educators, we can help.

Every day, new oral care products enter the marketplace, and dental professionals need to understand them to be able to inform patients about better choices and oral care habits.

In this course, Theresa McCarter explores the oral care aisle from top to bottom, covering new formulations, ingredients, active properties, characteristics and mechanisms of action. Explore current trends in oral health product development and the latest entries to the market in toothpastes, toothbrush designs, mouth rinses, interdental cleaning aids, denture cleaners and fixatives, saliva substitutes and more.

Become the expert your patients need to navigate the oral healthcare aisle and make the right choice for their individual healthcare needs.



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Learning Objectives:

- Gain updated knowledge on products in the oral health industry
- Master the efficacy of toothbrushes, floss, toothpastes, and mouth rinses on the market today
- Explore new products in the oral health industry along with their benefits and deficits
- Understand products for oral malodor and xerostomia and the ingredients that help produce the best product for each condition
- Analyze products relating to remineralization, whitening and sensitivity

Suggested Formats: Partial Day; Lecture, Workshop

Suggested Audience: Dental Professionals

Sitting is Killing Us:

The Health Hazards of Sitting Too Much

Sitting at work all day can be a real pain in the neck. And in the back, arms, wrists, sacrum, hips, heart, lungs...even the blood sugar.

Dental professionals are particularly at risk for a variety of health conditions that can be dangerous and painful that are exacerbated by excessive sitting. In this practical and body-saving course, Theresa McCarter takes a unique approach to traditional body mechanics from the perspective many of us spend the greater part of each day in: the chair.

Through a lively discussion based on industrial history, human anatomy & physiology, kinesiology and best practices in behavior change, Theresa helps to bring home the consequences of prolonged sedentary working positions. This course will offer realistic techniques and evaluates innovative equipment that can mitigate the risk of prolonged sitting.

Learn how too many hours of sitting and repetitive stress movements can serve as catalysts to painful and even life-threatening conditions for dental professionals. Gain simple, affirmative actions which can mitigate injuries and help you attain/maintain a healthy, pain-free life.



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Learning Objectives:

- Identify the changes in the daily lives of people in the last century
- Understand the normal function of the human body and how it relates to our movements in everyday life
- Recognize the detrimental health effects that come from prolonged sitting
- Understand the connection between repetitive behaviors and mortality
- Implement practical changes to sedentary behavior
- Understand why exercise before or after work isn't enough and what you can do about it
- Discover effective and essential ergonomic devices that alleviate and eliminate musculoskeletal pain

Suggested Formats: Partial Day; Lecture, Workshop

Suggested Audience: Dental Professionals

Infection Control Beyond Spray, Wipe, Spray:

If Zombies Were Real, Could You Prevent an Outbreak in Your Office?

Infection control training isn't just something we do to satisfy OSHA requirements on paper once a year. It's something we do to protect health and lives—our own and our patients'.

In this lively, interactive course, Theresa McCarter brings the importance of infection control to life, tracing the paths of contagion in the dental practice from sources to transmission vectors. She helps staff visualize and internalize even tiny vulnerabilities in the infection control chain and understand how strong infection control protocols shut them down, cutting off every possible avenue of escape.

From disinfection to sterilization to education to the critical importance of vaccinations, Theresa's unique approach to this topic is...*infectious*.



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As rates of infections and novel mutations of bacteria (including antibiotic-resistant strains) and viruses keep news crews busy around the globe, it sometimes feel like *The Walking Dead* out there. But what about in the dental practice? We see evidence of infection control breaches reported in media regularly; the last thing any practice needs is to become the public face of a serious infectious outbreak.

The best line of defense against infection for dentists, staff, and patients is a strong offense. **That's your infection control program.**



Basic Life Support (BLS) for Health Professional Training. Hygienewize, LLC is a Licensed Training Provider for the American Red Cross.

CPR, First Aid and Basic Life Support (BLS)

The BLS courses teach the essential skills needed to perform high-quality Cardiopulmonary Resuscitation (CPR).

This course can be added onto the *Infection Control Course* and tailored to fit your needs.

Learning Objectives:

- Review and comprehend OSHA regulations and their importance
- Recognize potential modes of transmission in the dental setting
- Understand aerosol transmission and how to screen for potential hazards
- Recognize and be able to implement the steps to be taken to protect the dental professional
- Understand the importance of vaccinations, education and how exposure plays a key part in the cycle of infection
- Define prevention strategies that can be implemented in the dental office
- Review safe injection practices
- Understand and perform proper hand hygiene
- Understand how to implement the use of personal protective equipment (PPE)

Suggested Formats: Partial Day; Lecture, Workshop

Suggested Audience: Dental Professionals

Dentistry for the Ages:

Caring and Connecting for Geriatric Patients (with Patience)

When it comes to providing care for each of the generations, all things are not equal.

The social, economic, technological and medical advances our oldest patients have experienced in their lifetimes are incomprehensible to teens who have never known a world without cell phones and the internet.

Treating geriatric patients requires special skills in both clinical and interpersonal communications. Multiple morbidities and medications increase the incidence of xerostomia in older patients, placing them at greater risk for periodontal disease, oral infection and caries. Cognitive impairment can reduce their ability to perform appropriate oral care at home thus modified approaches during dental appointments and patient education are required.

Theresa McCarter provides a comprehensive overview of the generations and insights into working with patients over 65. Gain skills for managing medication induced xerostomia, along with special considerations in oral health. She also reviews the critical importance of regular, professional dental care to reduce oral-systemic implications. Learn the protocols for over-the-counter medication selection and management in this special population..



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Learning Objectives:

- Evaluate the future growth of the elderly population
- Understand the health obstacles of today's geriatric population
- Develop an increased understanding of geriatric vulnerability to medications
- Examine current studies that correlate poor oral health to other age-related conditions (physical, cognitive and sensory)
- Identify the oral challenges associated with a geriatric adult living alone and know what signs to watch for
- Understand the elements of xerostomia, the pH of a dry mouth and the signs and symptoms relating to this condition
- Translate and transfer knowledge of oral health products specifically designed for patients with low salivary flow
- Gain perspective on how to effectively earn the trust and confidence of patients in aging populations
- Explore how to bridge the generation gap in providing oral health to the aging population

Suggested Formats: Partial Day; Lecture, Workshop

Suggested Audience: Dental Professionals



The practice environment presents seemingly endless challenges. A healthy and knowledgeable team can ensure your practice is ready to tackle challenges head-on and continue to deliver exemplary patient care.

A practicing clinical hygienist in California, Arizona and Alaska with over 20 years experience in the industry, Theresa McCarter, RDH, BSDH knows that a successful practice starts with an educated team. Theresa is passionate about helping teams reach their full potential through continued education and her continuing education company Hygienewize, LLC, meets this need. Not only does life-long learning help teams stay relevant within the industry, continuous learning also empowers team members to deliver the best possible patient care.

Theresa is a part time clinical instructor at Carrington College in San Jose, California. She is a licensed training provider for The American Red Cross and provides CPR and BLS training across California and Arizona. A community health speaker for the Monterey Bay Dental Society, she is also a member of the National Speakers Association, Dental Speakers Bureau and Dental Speaker Institute. Her passion for education is further exemplified in her role as a substitute elementary teacher.

Theresa specializes in educational courses designed from personal experience. As a result, her courses are not only current and practical, they are also interesting and highly engaging. Her rule number one is "You Gotta Have Fun".

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Past Presentations *(Partial Listing)*

- Advance Dental Conference: Edinburgh, Scotland
- Community Hospital of the Monterey Peninsula *(multiple)*
- Natividad Medical Center: Extended Care-Salinas
- San Diego County Dental Hygiene Association
- Foothill College Dental Hygiene-San Jose, CA
- Cabrillo College Dental Hygiene School-Aptos CA
- Carrington College Dental Hygiene: San Jose, CA *(multiple)*
- Monterey Dental Society *(multiple)*
- Salinas Union High School District
- Loma Linda University Dental School
- Monterey Bay Dental Hygiene Association
- Active Seniors: Salinas, CA
- Elks Lodge, Salinas, Ca
- American Red Cross: Licensed Training Provider