



Worksheet:

Energy Management for the Dental Hygienists

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Learning Objectives:

- Identify the common causes of wear and damage to dental instruments and ultrasonic inserts and learn best practices for preventing these issues as these are energy drainers.
- Develop an understanding of the different types of ultrasonic inserts available and learn how to properly select the appropriate insert to maximize longevity of the inserts and help to organize your day.
- Discover what is new with instrument technology and how to adapt your technique to respond to this technology.
- Learn how to personalize your instrumentation kits based on your clients' unique needs to help with organization, daily satisfaction and engagement.
- Learn strategies on how to be an effective leader to make change happen and to bring happiness, peace and purpose to your every day.
- Discover tools to help clients become empowered to take control of their own oral health so they present with less.
- Discover your energy drainers and strategies on how to deal with them.

This is a Worksheet. More notes and resources will be available following the presentation. Visit: www.rdhu.ca/todsenergy

On a Scale of 1 – 10, how do you rate yourself?

- Always using sharp well-maintained instruments
- Using instruments to help alleviate strain and injury on your body (ie light large handle, instruments for its intended use)
- Use instruments as per client’s needs (not the same kit for each client)
- Using magnification (loupes)/Proper lighting
- Take time for you to re-energize at lunch (take a walk, meditate)
- Engage your client in self-care (using visual aide to demonstrate)
- Ask for help when you need it
- DDS Exam during hygiene appointment (not waiting until the end)
- Not letting other people in your practice or clients control your mood and drain your energy
- Have systems in place for Consistency/Standard of Care/Follow-up

Score:

W.I.N

What are some of your energy drainers?

What are some of your energy boosters? What recharges you?

What is your plan?

Design Your Day:

Notes:

Additional notes and resources www.rdhu.ca/todsenergy or Scan:



Thank you for joining us!

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