



EDUCATIONAL DESIGNS

Thank you for your interest!

Course offerings, including objectives are summarized below. To schedule a course, please e-mail info@EducationalDesigns.com.

Kristy is also available to provide:

-  Key Note Addresses
-  Leadership Development Workshop Facilitation
-  Strategic Planning Facilitation
-  Yoga Practice Sessions



Featured Speaker at:



Kristy's bio is included at the end of this document. Her full curricula vitae is available at www.EducationalDesigns.com

Crushing Candy: Pandemic Mental Health Strategies and Beyond!

2 hour – full day session

An acknowledgement of the impact of mental well-being of both dental professionals and their patients has been growing and accelerated even more in light of the COVID-19 pandemic. The World Health Organization estimates that 1 in 4 people deal with mental health issues world-wide... and the numbers are growing. According to recent trends, people have become more accepting of mental conditions, reducing the negative stigma in the process. Despite this, many people continue to fear sharing their condition with others. In turn, this further promotes neglect and general lack of understanding regarding mental health. Dental healthcare providers are in a unique position assist patients (and themselves) in understanding the basics regarding mental health. This interactive session will introduce attendees to foundational information and science regarding mental health and well-being.

Learning Outcomes:

- Develop an understanding of mood disorders and their impact on oral health
- Generate science-based mental well-being strategies including psychotherapy, app technology and yoga
- Build mental health resources resulting in referral and support for patients, colleagues... and yourself!

#Top Trending Topics in Dentistry

2 -3 hour seminar

Today more than ever consumers are being ‘educated’ through social media, home shopping networks and the press regarding not only the latest and greatest oral health technologies and products, but ‘news’ debunking long standing oral hygiene practices. From oil pulling to magic solutions that cure tooth decay; to apps that connect with power toothbrushes, to whitening in minutes, it seems that there is something for every oral condition that is faster, easier and painless. This high energy session will explore the top trending topics that impact the profession (is there sufficient research to support daily use of dental floss?!). A review of research related to these innovations and/or myths will be included and attendees will have the opportunity to direct the course content live!

Learning Outcomes:

1. Understand and appreciate of the impact of social media on patients dental ‘IQ’.
2. Develop strategies to educate patients about trending topics and associated research or lack thereof.
3. Implement an action plan to monitor trending topics and be prepared to provide evidence-based responses to patients.



California Mandatory Infection Control for the Dental Professional

2 hour seminar

- This seminar is intended for California licensed dental professionals to meet continuing education requirements mandated by the Dental Board of California (DBC) in the area of infection control (CCR 1005). These regulations were updated in August of 2011 and all dental professionals are required to be familiar with this statute. Additionally, a review of CDC guidelines for Infection Control in Dentistry will be presented as well as the differences in these guidelines vs. state OSHA regulations. Finally, this interactive session will include an overview of methods for infection prevention and strategies to incorporate protocols that meet and/or exceed the California Infection Control regulations.

Learning Outcomes:

1. Review and discuss the current DBC Minimum Standards for Infection Control Regulations (CCR 1005).
2. Understand the differences between OSHA, CDC and DBC infection control guidelines/regulations.
3. Identify key resources to assist in maintaining optimal infection control practices in dentistry.
4. Implement the California Minimum Standards for Infection Control into practice.

Evidence-Based Clinical Practice Guidelines on Nonrestorative Treatments for Carious Lesions

2 – 4 hour seminar

This session will overview the ADA Guideline on Nonrestorative Treatments for Carious Lesions which has grown in popularity as a process of care that minimizes the need for invasive/aerosol producing procedures for caries. Each section of the guidelines will be reviewed and include the latest advancements in remineralization strategies, including silver diamine fluoride, chlorhexidine varnish and calcium/phosphate delivery systems. Specific technologies and protocols will be discussed as well as which are included in the dental hygiene scope of practice. In addition, Caries Management by Risk Assessment (CAMBRA) protocols will be included. Don't miss this interactive session designed to establish protocols to maximize hard tissue health.

Learning Outcomes:

1. Understand the CAMBRA process of care and related recommended clinical and daily care strategies featured in the ADA treatment guideline.
2. Provide rationale for use of various remineralization/caries preventive agents, including the use of silver diamine fluoride.
3. Incorporate the evidence-based clinical practice guideline on nonrestorative treatments for carious lesions into practice.
4. Gain an appreciation for the role of the dental hygienist in non-restorative treatment of caries.

Yes! There's an App for That!

2 – 3 hour seminar

Now more than ever, consumers are utilizing app technology to track health and fitness. The benefits of utilizing app technology have proven very beneficial in achieving goals, tracking habits/activities and providing key educational content. Additionally, there are apps that will assist clinicians in various areas of the dental hygiene experience. From education to motivation, this session will overview apps for patient use as well as those for use by clinicians.

Learning Outcomes:

1. Understand the basic foundations and principles for app utilization and how this technology can lead to 'compliance'.
2. Review apps designed to maximize dental health.
3. Evaluate apps for clinical application and integrate into practice.

Standards for Clinical Dental Hygiene Practice

2 – 4 hour seminar

- In 2008 the American Dental Hygienists' Association adopted the Standards for Clinical Dental Hygiene Practice. This seminar will review the Standards as well the 2011 American Academy of Periodontology Comprehensive Periodontal Therapy guidelines. A review of each set of guidelines will confirm processes of care as well as defining professionalism.

Learning Outcomes:

1. Define the standard of care based on the ADHA and AAP documents.
2. Identify areas for future consideration: What's Missing?
3. Develop strategies to implement the ADHA Standards for Clinical Dental Hygiene Practice and the AAP Comprehensive Periodontal Therapy guidelines.

Time to Toss the Floss?! – You be the Judge!

2 – 3 hour seminar

- In 2016 the Associated Press reported that flossing does not have sufficient research to warrant its use on a daily basis. Morning shows, social media and professional associations were abuzz with this news creating the need for us to reconsider this 'holy grail' of preventive practices. Research has confirmed that only 2 – 10% floss regularly and effectively. In light of these statistics this seminar will review the history and research of string floss for interdental health and caries prevention. Are there other equally effective or more effective methods? Is it time to 'toss the floss'? This interactive session will empower you to consider other options that will increase patient health and satisfaction!

Learning Outcomes:

1. Integrate the latest research on interdental health tools and technologies.
2. Overview protocols, clinical interventions and strategies to address oral health needs of those who do not and will not floss.
3. Implement a new process of care that will empower you to 'toss the floss'!

Paradigms vs. Reality: Implementing Emerging Preventive & Therapeutic Protocols into Practice

3 – 6 hour seminar

- The practice of dental hygiene and preventive practice has changed over the past 25 years. Emerging sciences have led to key understanding of new methods to prevent and treat both caries and periodontal disease. This session will overview the ever changing paradigms surrounding the practice of dental hygiene with emphasis on evolving preventive & therapeutic protocols.

Learning Outcomes:

1. Cite significant changes in paradigms regarding preventive and therapeutic protocols, including minimally invasive approaches as well as the evolution of biomimetics.
2. Integrate new protocols, such as Caries Management by Risk Assessment (CAMBRA) and Full-Mouth Disinfection (FMD), into practice.
3. Implement the principles of aesthetic dental hygiene, (fresh breath, cosmetic options, occlusal therapy), to increase patient satisfaction and achieve optimal oral health.

Accelerated Periodontal Instrumentation Protocols: Maximizing Clinical Success

2 – 4 hour seminar

- This fast paced and interactive session will overview accelerated instrumentation protocols also known as full-mouth disinfection. Researchers continue to explore fast tracking quadrant scaling and root planing phases from six weeks to days and most adjunctive research also includes this type of approach. Participants will evaluate their current treatment modalities and establish plans for implementing accelerated instrumentation. In addition, modifications for the protocol will be discussed including pain control options, use of locally applied antimicrobials, tongue disinfection, and daily care products options. Replace 'burn out' with success through this strategic process of care!

Learning Outcomes:

1. Cite research relevant to accelerated instrumentation/ full-mouth disinfection.
2. Describe the components to full-mouth disinfection and provide modifications to this process based upon research & clinical expertise.
3. Describe vehicle options for antimicrobials, including mechanisms of actions and indications for use.
4. Create comprehensive treatment plans that incorporate accelerated instrumentation concepts & identify the advantages of implementing this process of care.
5. Develop and implement daily care plans for the periodontal patient.

Advancements in Remineralization Strategies: Maximizing Clinical and Daily Care Strategies

2 – 3 hour seminar

- This session will introduce participants to the latest advancement remineralization strategies, including fluoride, silver diamine fluoride, and calcium/phosphate delivery systems. A review of science will include the desensitizing action as well as the research reporting remineralization among other clinical benefits. In addition, Caries Management by Risk Assessment (CAMBRA) protocols and the 2018 ADA guidelines on non-restorative management of caries will be included. Don't miss this interactive session designed to establish protocols to maximize remineralization and desensitization protocols.

Learning Outcomes:

1. Understand the CAMBRA process of care and related recommended clinical and daily care strategies.
2. Evaluate the American Dental Association guidelines for non-restorative management of caries.
3. Review properties of silver diamine fluoride and clinical application.
4. Provide rationale for use of various remineralization/caries preventive agents and incorporate into practice.

The Periodontic/Orthodontic Connection: Maximizing Success with the Orthodontic Patient

2 – 3 hour seminar

- Orthodontic therapies are no longer confined to the adolescent population and as such the role of the dental hygienist in patient education has grown significantly in recent years. This course will review the exciting science of bio-adaptive therapy; a process of working with nature and the body to move teeth while maximizing periodontal health and minimizing invasive procedures such as tooth extraction or palatal expansion, as well as the periodontic/orthodontic connection. A review of current tooth movement sciences will be included as well as methods to maximize oral health during therapy, including CAMBRA (Caries Management by Risk Assessment). Bio-adaptive research, results and adult options will be included as well as the role of the dental hygienist in orthodontic treatment planning and case success.

Learning Outcomes:

1. Understand the role of the dental hygienist in recognizing patients who would benefit from orthodontic therapy.
2. Discuss the periodontic/orthodontic connection.
3. List current options in orthodontic therapies and related science.
4. Define the dental hygiene process of care for the orthodontic patient, including CAMBRA.
5. Identify unique challenges faced by the orthodontic patient and understand daily care options and opportunities.

Paradigm Shifts in Periodontal Therapy: Implementing Evolving Protocols

2 – 4 hour seminar

- The practice of dental hygiene and periodontal protocols has changed over the past 25 years. Scientific paradigms have long been the corner stone of clinical practice and daily care and yet many of these paradigms are not the “reality”. Emerging sciences have led to key understanding of new methods to prevent and manage periodontal disease which has necessitated integration and implementation for the progressive clinician. This interactive session will include a review of the 2011 AAP Comprehensive Periodontal Therapy document and inspire attendees to unconscious competency!

Learning Outcomes:

1. Gain an understanding of how change occurs and the influence of paradigms vs. the realities of our professional protocols and outcomes.
2. Review innovative and evolving technologies and products designed to prevent and treat periodontal diseases.
3. Implement AAP treatment guidelines into clinical practice.

Beyond Straight Teeth: Maximizing Oral Health for the Orthodontic Patient

2 – 4 hour seminar

- As tooth movement sciences have evolved so have the protocols, technologies and chemotherapeutics for optimal hard and soft tissue health. This seminar will overview the latest in protocols, such as Caries Management by Risk Assessment (CAMBRA) as well as new technologies and products specifically designed for the orthodontic patient and their unique oral health needs. Clinically applied preventive strategies and daily care plans will be reviewed with emphasis on maximizing patient compliance and success. This session will also include methods to enhance collaborative practice with the referral community.

Learning Outcomes:

1. Provide rationale for implementing protocols to enhance health pre, during and post orthodontic therapy.
2. Evaluate current technologies/products designed for the orthodontic patient and develop plan of action to incorporate methods to enhance and advance optimal oral health.
3. Establish collaborative practice with referral community to maximize success of orthodontic therapies and increase referrals.



Fresh Breath Assurance: A Patient Centered Approach

2 hour seminar

- This course is designed to give the dental professional the tools necessary to expand treatment options of the preventive appointment. Social and aesthetic factors are the primary motivation behind successful daily oral hygiene. Today's dental hygienist needs to understand options to enhance aesthetics and to address social concerns such as oral malodor. In addition, this session will present total health issues that are relevant and impacted by oral disease. This seminar is ideal for the progressive clinician.

Learning Outcomes:

1. Discuss oral malodor with patients
2. Understand the relationship between volatile sulfur compounds and periodontal infection
3. Identify the benefits of daily tongue deplaquing and perform tongue deplaquing
4. List chemotherapeutic options for controlling oral malodor
5. Understand the correlation between oral health and total health

The Principles of Aesthetic Dental Hygiene: A Patient Centered Approach

3 – 6 hour seminar

- This course will provide dental professional the tools necessary to expand treatment options of the preventive appointment. Social and aesthetic factors are the primary motivation behind successful daily oral hygiene. Today's clinicians need to understand options to enhance aesthetics and to address social concerns such as tooth whitening and oral malodor. In addition, this session will overview in-office treatment options as well as explore the various daily care options to maximize aesthetics and optimal oral health. This seminar is ideal for the progressive clinician.

Learning Outcomes:

1. Define aesthetic dental hygiene and how this fits into the preventive appointment.
2. Discuss aesthetic options with patients and understand the impact on health as well as social related benefits.
3. Create comprehensive treatment plans incorporating concepts relating to aesthetic dental hygiene & identify the advantages of implementing this process of care.

Continued Competence Mandates: Future Trends for License Renewal?

2 – 4 hour seminar

For years Canadian dental hygienists have been required to demonstrate competence to practice as a condition for license renewal. Here in the United States mandates for continued competence demonstration have also been implemented within the medical profession and could become a reality within dental hygiene. This session will highlight research that explores concepts behind continued competence and give audience members the opportunity to weigh in on the need for mandatory requirements that go beyond continuing education. A self-assessment tool will be utilized to assist attendees in evaluating this topic.

Learning Outcomes:

1. Comprehend trends regarding mandatory continued competence requirements as a condition for license renewal.
2. Review current competency models and identify possible methods to determine competence.
3. Differentiate between mandatory continuing education and continued competence and develop strategies to maintain competence.

Yoganomics: Postural Health & Ergonomic Considerations for the Dental Professional

2 – 3 hour seminar • Practice Session 1 – 2 hours

- This course overviews the benefits of yoga in postural health and sound ergonomic practices essential in maintaining optimal clinician health. A review of ergonomic standards will include OSHA, ADA and CDC resources and incorporate specific methods to enhance ergonomic clinical positioning and techniques to prevent repetitive stress related injuries. In addition, yoga research as it relates to postural and total health will be presented as well as the impact of yoga on the various body systems. Participants will also be introduced to the various styles of yoga practice and basics including specific yoga practices designed to maximize postural health.

Learning Outcomes:

1. Identify ergonomic issues relating to clinical practice and site resources to maximize postural health.
2. Define the practice of yoga as it relates to the profession, postural health and ergonomics and site research relating to the health benefits associated with yoga.
3. Identify precautions and considerations for yoga practice.

Kristy is also available to lead practice sessions, without the PowerPoint presentation. She completed her yoga teacher certification at the White Lotus Foundation in 2006. Kristy has provided yoga sessions at the Chicago MidWinter Convention, Texas Dental Association, GenR8TNext convention, Discus Dental Las Vegas Extravaganza and at RDH Under One Roof.



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Kristy's career in dental hygiene has exceeded 30 years and includes a diverse and unique set of experiences. Clinician, change agent and educator, include a few of the roles she has embraced. Although Kristy practiced clinically after graduating with honors from the University of Maryland, she was soon 'discovered' at an evening study club by a hygienist involved in sales. Her ability to network opened the door to pharmaceutical sales with Scherer Laboratories, the makers of Gel-Kam, without any previous sales training or expertise. She excelled at sales and after relocating to California, she co-founded Educational Designs, Inc., an oral healthcare industry consulting company.

In 2015, Kristy graduated with honors from the University of California, San Francisco (UCSF) Master of Science in Dental Hygiene program. Her capstone research was awarded grant funding from the American Dental Hygienists' Association (ADHA) and was published in the Journal of Dental Hygiene (JDH). She is currently on the Editorial Review Board for the JDH. Her roles in journalism include columnist, contributor and editor of one of the first online newsletters for the profession. She presently participates as an expert in virtual panels on a variety of dental-related topics. Additionally, she moderates [the Facebook page Top Trending Topics in Dentistry](#), based on her most popular seminar.

As an international speaker she has been featured at the Pacific Dental Conference, the American Association of Orthodontists Annual Conference, California Dental Association Presents, Chicago MidWinter, Hinman, Yankee and numerous dental/dental hygiene venues including RDH Under One Roof. Kristy has been involved in webinar facilitation for the past 10 years and has been quoted in Esquire Magazine, Women's Health Magazine and interviewed by ESPN Radio. In 2018 she became a faculty member for the Dental Hygiene Academy, a national board review company for dental hygiene students. Her highly interactive presentation style incorporates an evidence-based approach that has received rave reviews.

An advocate of business-minded approaches to the profession, Kristy embraced volunteer roles with a vigor and passion that continues to this day. She is a member of the ADHA, the American Dental Educators Association, the Academy of Cosmetic Dentistry, the Organization for Safety and Asepsis Procedures and the American Academy of Dental Hygiene. She has received national accolades and awards including the American Academy of Dental Hygiene Commitment to Excellence Award, the UCSF Elizabeth Fuhrman Gardner Award, the California Dental Hygienists' Association President's Recognition Award and the ADHA Distinguished Service Award.

Kristy is also a registered yoga teacher and facilitates yoga practice sessions on national, state and local venues. She is the proud human of her 'toilet trained' cats and resides in San Ramon, CA, outside of San Francisco.

**Full CV available at www.EducationalDesigns.com*