



## Fall Core and Mandatory Training for the Entire Dental Team

Friday, September 24, 2021

### Preliminary Program

**8:00**

#### **Minnesota Board of Dentistry Updates and Infection Control Insights**

**Bridgett Anderson, LDA, MBA**

Assess Minnesota's expectations related to infection control and what we have learned from our collective Covid experience

Discuss the role of Board of Dentistry in state COVID response

Consider current initiatives: Vaccinations, Scope of Practice, Dental Assisting Demand

**9:00** Break

**9:15**

#### **Today's Common Medications and Why They Matter**

**Kristyn Williamson, PharmD, BCACP**

Assess commonly prescribed medications to adults for contraception, sexually transmitted infections, diabetes mellitus, hypertension, asthma, smoking cessation, depression and mental health, insomnia, and pain management

Discuss how common medications impact oral health

**10:15** Break

**10:30**

#### **A Whole-person Approach to Mental Health**

**Lidia Zylowska, MD**

Discuss integrative treatments such as supplements, diet modification, functional medicine, or acupuncture for mental health

Consider how mindfulness, self-compassion, and positive psychology can decrease the impact of stigma found in mental illness, foster acceptance, and build resilience

**11:30** Break

**12:30**

#### **Buckle Up! Insurance Changes are Coming**

**Teresa Duncan, MS**

Discover your office's true insurance position

Update your practice's insurance metrics

Sidestep typical insurance staffing, ethical, and systemic pitfalls

**2:00** Break

**2:15**

### **Moving Your Patients to Yes!**

**Teresa Duncan, MS**

Communicate treatment needs more effectively

Overcome common patient plan objections

Establish stable financial arrangements that work for your office and your patients

**3:45** Adjourn

### **Meet Our Experts**

**Bridgett Anderson**, LDA, MBA, has nearly 20 years of experience in the dental field. Her expertise ranges from clinical dentistry, previously as a licensed dental assistant and dental office manager, to dental safety, prevention and regulation. She holds a Bachelor's degree in Biology along with a Master's degree in Business Administration. Her current position is Executive Director of the Minnesota Board of Dentistry, the state agency responsible for licensure and regulation of over 17,000 dental professionals in Minnesota.

**Teresa Duncan**, MS, is the Owner and President of Odyssey Management, Inc. She received her Master's Degree in Healthcare Management from Marymount University. She is a widely published author, podcast expert, and contributor to dental and health-related publications. Dental Products Report magazine has named Teresa one of the Top 25 Women in Dentistry. She has provided consulting services to the [American Dental Association's Guidelines for Practice Success™](#) and is a contributing author for the ADA's CDT Companion Guide.

**Kristyn Williamson**, PharmD, BCACP, is a Clinical Preceptor with the [Postgraduate Pharmacy Residency Program](#) and Teaching Specialist at the University of Minnesota. She also serves as an ambulatory care pharmacist in family medicine at MHealth Fairview Smiley's clinic, located in Minneapolis, Minnesota. She completed her undergraduate work in Cell and Molecular Biology at Winona State University, graduate-level pharmacy education at the University of Minnesota, and the community residency program at Virginia Commonwealth University in Richmond, Virginia. Dr. Williamson is an active collaborator with the University of Minnesota School of Dentistry, including partnerships and publications in pharmacology, interprofessional practice and learning, and collaborative practice models. She is an active member of the American Pharmacists Association.

**Lidia Zylowska**, MD, is an Associate Professor within the University of Minnesota's Department of Psychiatry. Dr. Zylowska completed her psychiatry training at UCLA and pursued additional training in mindfulness and integrative medicine. She is a graduate of UCLA Center for East-West Medicine and Diplomate of the American Board of Integrative Holistic Medicine. Through her research work as the UCLA Robert Wood Johnson Clinical Scholar, Dr. Zylowska pioneered mindfulness in ADHD and developed the Mindful Awareness Practices (MAPs). She is a co-founding member of the UCLA Mindful Awareness Research project and the author of an award-winning book, *The Mindfulness Prescription for Adult ADHD: An 8-Step Program for Strengthening Attention, Managing Emotions, and Achieving Your Goals*.

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*Minnesota credits*

- 6 Fundamental Credit Hours
- Includes MANDATORY Subject Area Infection Control
- Includes CORE Subject Areas Ethics and Patient Communication and Record Keeping