



# Dentistry IN SOUTH DAKOTA

Allied Staff News

## Sioux Empire Smiles 2024

Please plan to join us, on Saturday, September 28, 2024, for the annual Sioux Empire Smiles Event. A free one-day children’s dental clinic where at-risk youth from across the Sioux Empire will have the opportunity to receive the dental care they deserve. The clinic is for children who are 21 years of age and under, in need of dental care, or those who haven’t seen a dentist in several years. Local dentists and their staff donate their time and services to provide dental screenings and treatment.



Volunteers are needed to make this day successful. Contact Dr. Miranda Lommen-Mielke at: [miranda.mielke710@gmail.com](mailto:miranda.mielke710@gmail.com) to become a volunteer today! Dentists, hygienists, and assistants will be necessary to put a smile on the children’s faces! It is a great way to give back to your community and share your professional time and talents with others! Food & drinks will be provided for all volunteering staff!

Saturday, September 28, 2024 | 7:30am -11:00am | Children’s Dental Center | 3813 S. Kiwanis Circle | Sioux Falls, SD

## Compassion Fatigue: The Cost of Caring

By Mary Wolf, MS, LPC-MH, BCC | [mwolf@veriteepartners.com](mailto:mwolf@veriteepartners.com)



### What exactly is compassion fatigue, and how does it manifest in dental professionals?

Compassion fatigue happens when dental workers listen to others’ stories of fear, pain, and suffering. They then suffer because of how much they care. I see dentists and team members losing their sense of self due to the amount of feeling others' pain and serving patients with great care and passion. Dental professionals are givers and focused on other’s well-being, often at their own expense. The demands of supporting those who are suffering due to pain or deep level of anxiety can lead to what is called secondary or vicarious trauma. Continual exposure to a patient’s high emotion can take a toll. This can drain a dentist's compassion and empathy dry. Even when they want to be empathetic, they can feel exhausted and apathetic.

### What are some common signs and symptoms of compassion fatigue that dentists and team members should be aware of?

- Ruminating or worrying about patients
- Avoiding or numbing any reminders of an event or person
- High anxiety, negative attitude
- Lowered frustration tolerance
- Dread of working with certain types of patients
- Ineffective or self-destructive/ self-soothing behaviors
- Decrease sense of purpose and/or enjoyment
- Isolation from others
- Loss of hope
- Decreased productivity
- Blaming yourself or others for not doing enough to help or prevent issues
- Emotional numbness
- Feeling helplessness and emotional numbness

Continued on page 2.

### Compassion fatigue can be experienced by:

Other risk factors for compassion fatigue include recent significant loss, limited work satisfaction, poor stress management practices, and lack of self-care. Personality style also can lead to higher risk such as perfectionism.

### How does compassion fatigue impact the quality of patient care and the overall well-being of dental professionals?

Compassion fatigue has a cumulative effect and can lead to burnout. Often people do not see their level of burnout and it takes the encouragement of a colleague or spouse before they will seek help. Burnout becomes worse over time. Christina Maslach has researched burnout for decades and reports three main characteristics:

- Depersonalization (cynical or negative attitudes toward patients and lack of empathy)
- Emotional exhaustion
- Feeling decreased personal achievement

I have seen compassion fatigue negatively affect marriages. After a particularly difficult incident, a person may shut down emotionally, making a spouse feel helpless and frustrated. It affects how they are at home and in their relationships. Many of my clients shut down their emotions when seeing patients as a way to cope with overwhelming situations. They become apathetic and even cold. This is their way of coping instead of finding a way to regulate their emotions or seek help for their over-giving.

### What strategies can healthcare professionals use to prevent or mitigate compassion fatigue?

#### I help dental team members to:

- Become clear on personal values to help them set consistent boundaries at work
- Develop a comprehensive strategy for physical, emotional, and spiritual self-care
- Set better habits. I utilize the book Atomic Habits by James Clear.
- Develop workplace policies that support well-being.
- Promote self-compassion skills
- How can clinics support their staff in recognizing and coping with compassion fatigue?

How can clinics support their staff in recognizing and coping with compassion fatigue? I work with dental and healthcare systems to build a culture of well-being where it is ok to ask for help and talk openly about how patient situations have affected one's well-being. Many clinics create a culture where it is ok to take time to share with colleagues and support each other. We need to be offering more information on how to prevent compassion fatigue and burnout. Once people are aware of these symptoms, they can work on behavior change and create new habits. It is rewarding for me to help my clients build their personal strategies for resilience, meaning, and fulfillment.

From my experience in counseling and coaching dentists and team members, I see that they often have the wrong definition of resiliency and think they must just grind through tough situations. Instead resiliency is working hard, taking time to rejuvenate and rest, and then giving full effort again. Many dentists and team members think they should be able to keep going without taking time for rejuvenation, self-care, fun, family, hobbies, or fulfillment. The three free and confidential counseling and coaching sessions that I provide through the SDDA, can be used to talk through current challenges and goals to reduce overwhelm, compassion fatigue, and burnout. We can work together to build a strategy for a sustainable, meaningful career, and a more fulfilling life.

*Cited: Compassion Fatigue: The Toll of Caring too much. VeryWellMind. 4-16-23 | Practice Management, August 2019*

## Give Kids A Smile Day

The first Friday in February has become well known as the day that thousands of dentists across the country, along with their dental team members, provide free oral health care services to children from low-income families. The ADA's Give Kids A Smile® (GKAS) program enhances the oral health of large numbers of needy children. These activities also highlight, for policy makers, the ongoing challenges that low-income families face in finding dental care. SDDA members are encouraged to host a GKAS day in their own office. Working alongside a local non-profit or children's organization is a great way to find underserved patients who need dental care. For a complete kit on hosting GKAS and to register to participate, go to [www.ada.org/gkas](http://www.ada.org/gkas).



## Add the SDDA to your “Safe Sender List”

Don't miss out on important information from the SDDA! Please add @sddental.org to your safe sender email list to avoid the South Dakota Dental Association emails being sent to your junk/spam folders. We send a limited number of emails each month and want you to receive the important and timely information that affects you and your practice.

## CONTINUING EDUCATION CALENDAR

The listing of these programs is provided as a service to SDDA Newsletter subscribers, and does not mean that these programs have been endorsed or approved by the SD Dental Association or the SD State Board of Dentistry. All members are cautioned to evaluate the programs on their own merit.

### SDDA 2025 ANNUAL SESSION

Contact: Melissa Afdahl, 605-609-1152  
melissa@sddental.org, www.sddental.org  
May 15-17, 2025; Rapid City, SD

#### SOUTH DAKOTA DENTAL ASSOCIATION

Mastering the Art of Dental Coding Webinar  
Friday, September 20, 2024 9:30am-Noon  
Register at sddental.org or contact: 605.609.1152

#### WESTERN DAKOTA TECHNICAL COLLEGE

Contact: 605-718-2410; email: corped@wdt.edu

##### Third Friday of the month (AM)

- American Heart Association CPR Class for Healthcare Professionals

##### Third Friday of the month (PM)

- American Heart Association CPR Recertification for Healthcare Provider

##### Dental Radiology (2-day course)

- Sept 27-28; Nov 22-23; or Dec 13-14, 2024; Rapid City

#### SOUTHEAST TECHNICAL COLLEGE

Contact: 605-367-4607  
or corporateeducation@southeasttech.edu

**Dental Radiology**—Nov. 22, 2024, or March 21, 2025

#### LAKE AREA TECHNICAL COLLEGE

Contact: Nicole Pahl, 605-882-5284, ext. 362;  
Nicole.Pahl@lakeareatech.edu  
<https://www.lakeareatech.edu/corporate-education/corporate-education-registration/>

##### Home Study Radiology Courses available:

- Radiology Safety | Radiography Production

**CPR COURSES:** Contact: Tia Meyer; 605-842-5672 or meyer tia@hotmail.com

**605CPR:** Local instructor with 20 years of CPR teaching experience. We provide AHA and Red Cross BLS/ACLS/PALS certification. Will travel for onsite delivery.  
[www.605CPR.com](http://www.605CPR.com); jr@605CPR.com; 605-525-4CPR (4277)

#### UNIVERSITY OF SOUTH DAKOTA

Contact: Dept. of Dental Hygiene, 605-658-5960

##### Radiology Certification for Dental Assistants

- September 27-28, 2024

##### Nitrous Oxide/Oxygen Sedation Course

- October 18-19, 2024 | June 5-6, 2025

**Local Anesthesia Certification**—June 18-20, 2026

**AAP Periodontology Guidelines**—June 6, 2025

**Advanced Instrumentation**—June 5, 2025

**Pharmacology Refresher**—June 13, 2025

##### Home Study Courses available:

- Radiology Interpretation, Pathology & Anomalies
- Errors of PA's, BWS & Panoramic Radiography
- Oral Effects of Head & Neck Radiation Therapy
- Radiation Safety
- Portable Dental Radiography
- SDF

**ADA CE ONLINE:** Contact: [www.ada.org/goto/ceonline](http://www.ada.org/goto/ceonline)

#### AMERICAN ASSOCIATION OF DENTAL BOARDS

Contact: 1-800-621-8099

- “The Dental Patient Record”

## Classified Ads

Dakota Family Dentistry in Huron, SD is seeking a **registered dental hygienist** to join our team. The ideal candidate should be dedicated to providing excellent patient care with exceptional service. This is an outstanding opportunity to practice in a well-established clinic with a great team in a wonderful community. Benefits include a \$5000 sign-on bonus, student loan repayment for 3 year commitment, competitive pay, 401K with profit-sharing, in-house dental benefit plan, paid sick leave, vacation, dues, licenses, CE, and 6 paid holidays. Visit our website: [www.dakotafamilydentistry.org](http://www.dakotafamilydentistry.org) for an application or call 605-352-6999.

**Dentistry in South Dakota**  
**804 N Euclid; Ste 103**  
**Pierre SD 57501**

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## Classified Ads cont.

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**NEW OPENING Dental Hygienist:** Are you a dental hygienist looking to make a difference? Would you like to set your own schedule? Delta Dental of South Dakota's Mobile Program has collaborative supervision opportunities for dental hygienists. These opportunities include both—full time and part-time flexible schedules, including working specific weeks or months out of the year. The dental hygienists will work under collaborative supervision in South Dakota, primarily on the Pine Ridge or Cheyenne River Native American Reservations. The dental hygienists will join a team providing preventive services and oral health education in schools, Head Starts, etc. Extensive travel is required. May be eligible for benefits including health, dental, vision, life/long term disability insurance, paid holidays, vacation/sick leave, 401k, and more. For more information visit [www.deltadentalsd.com](http://www.deltadentalsd.com). Submit a cover letter and resume to: [summer.sporrer@deltadentalsd.com](mailto:summer.sporrer@deltadentalsd.com). Questions? Contact Zach Parsons at 605-494-2558.

Anderson Rumpca Dental in Pierre, SD is looking to hire a **Registered Dental Hygienist** for 3-5 days per week. We are an established, two doctor, private practice in a newly remodeled building. If you're looking for more than a job - a place where you're part of a team - this may be the place for you. Established more than 40 years ago, we have team members who have been with us for 10, 20, or even 30+ years. We have a large, loyal patient base and offer a rewarding work experience while providing care using the latest technology. All treatment rooms are newly remodeled. Some examples of the technology we offer: CBCT imaging, digital sensors, cavitron scalers, digital scanning (impressions), electronic health records, and more. We are offering a hiring bonus along with highly competitive pay and benefits including a profit sharing (bonus) program, 401K, health insurance stipend, paid time off, paid holidays, paid vacation, CE reimbursement, uniforms provided, Loupes allowance, shoe allowance, discounted/free dental work for you and your family, and more. If you would like more information, please email us and send your resume to Cynda Curtis at [Cynda@pierredentists.com](mailto:Cynda@pierredentists.com) or call us at (605) 224-6111. Check out our website at [pierredentists.com](http://pierredentists.com).

## Dentistry in South Dakota

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