



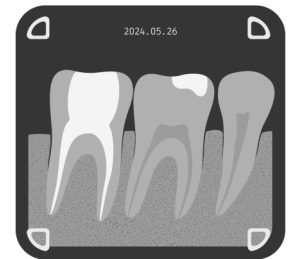
# Dentistry

## IN SOUTH DAKOTA

Allied Staff News

### Requirements Clarified for Dental Radiographers

SDDA members may appreciate a bit of clarification regarding the requirements for dental radiographers issued by the South Dakota Department of Health. When the new rules were announced in late 2023, a portion of the rules stated “When operating a hand-held intraoral dental radiographic unit, operators shall wear a 0.25 millimeter lead equivalent apron, unless otherwise authorized by the department, or a qualified physicist. Using the “...unless otherwise authorized by the department...” language in the rule, the Department has recently shared a new interpretation of the rule with the SDDA. Going forward, dental radiographers are not required to “...wear a 0.25 millimeter lead equivalent apron...” but rather “the providers need to ensure that lead aprons are available for staff to wear if they want to wear one.”



Additionally, members should note that the American Dental Association no longer recommends using thyroid collars on patients during radiographic exams. Before taking radiographs, dentists should also consider what diagnostic information they need from the images to benefit patient care or substantially improve clinical outcomes, according to updated recommendations developed by an expert panel established by the ADA Council on Scientific Affairs. The recommendations aim to improve radiation protection in dental radiography and cone-beam computed tomography. The FDA supported the development of the recommendations, which are also aligned with recent guidance from the American Academy of Oral and Maxillofacial Radiology.

### Be Your Own Life Coach

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

DIY is the name of the game! It seems like there is DIY for everything. That is how we came up with the presentation at the annual session this year. It was fantastic to have 100+ attend! We know small shifts can make a big difference over time. The conference theme resonates: Now is the time. Let’s not put off what we want to do until someday. The session focused on what are the things that we start doing now to impact a more meaningful future. Here is a summary of the Be Your Own Life Coach session.



To change behavior, we first need awareness. I found it fitting to start with May is Mental Health Month and Mental Health America ([mhanational.org/may](http://mhanational.org/may)) Four Things Affecting Our Mental Health.

- 1.Current events:** 73% of Americans feel overwhelmed by the number of crises happening around the world.
- 2.Loneliness:** It increases the risk of developing anxiety and depression and can have an impact on lifespan.
- 3.Technology:** Constant access to social media can cause FOMO, depression, reduced self-esteem, and burnout.
- 4.Social Drivers:** Finances, education, housing, and community.

This awareness encourages us to set goals to reduce time on news and social media while focusing on ways to increase connection and work on the social drivers that we can impact. *Continued on back page.*

## Lake Area Technical College to Launch Dental Hygiene Program

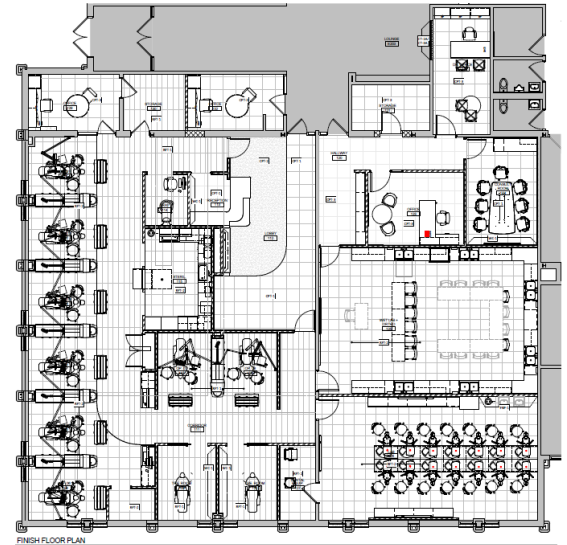
Lake Area Technical College (LATC) is set to expand its renowned healthcare education offerings with the approval of a new Associate of Applied Science (AAS) program in Dental Hygiene to begin fall 2025. This initiative marks a significant milestone for the college, which was the first and only in the state to successfully operate and maintain a CODA-accredited Dental Assisting program for 56 years.

The approval of the Dental Hygiene program comes as a response to the growing demand for skilled dental hygienists in the region. According to the Bureau of Labor Statistics and Lightcast, the employment of dental hygienists (in South Dakota) is projected to grow 6.9 percent from 2023 to 2033, faster than the average for all occupations. When upcoming retirements and natural job turnover is factored in, there will be a 13.61% increase in employment of dental hygienists in South Dakota between 2020-2030 (Bureau of Labor Statistics).

Nicole Pahl, director of the Dental Assisting program, expressed her enthusiasm for the new program, "The addition of the Dental Hygiene program aligns with our mission to provide a superior, comprehensive technical education that meets the needs of our community and industry partners. Our long-standing success in Dental Assisting has paved the way for this new endeavor, and we are committed to upholding the same standards of excellence."

LATC's Dental Assisting program, a cornerstone of the college's healthcare education, will operate as the first step for the new Dental Hygiene program. The Dental Assisting program has a storied history of preparing students for successful careers, with a curriculum that emphasizes both the clinical and administrative aspects of dental care.

*For the complete article, visit the QR code to the right.*



## Classified Ads

**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 offer 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).

## 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.

### SOUTH DAKOTA DENTAL ASSOCIATION 2025 ANNUAL SESSION

Contact: Melissa Afdahl, 605-609-1152  
melissa@sddental.org, www.sddental.org

**May 15-17, 2025; Sioux Falls, SD**

### 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)

- August 2-3; Sept 13-14; Oct 25-26; Nov 22-23; or Dec 13-14, 2024, in 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 meyertia@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

#### Nitrous Oxide/Oxygen Sedation Course

- June 6-7, 2024

#### Local Anesthesia Certification

- June 18-20, 2026

#### AAP Periodontology Guidelines

- July 19, 2024

#### Advanced Instrumentation

- July 26, 2024

#### 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"

## Save the Date



Saturday, September 28, 2024

Help children receive the dental care they deserve

### Volunteers Needed:

- Dentists
- Hygienists
- Assistants
- Office Administrative Staff

**Contact:**  
**Dr. Lommen-Mielke**  
**to volunteer at**  
[miranda.mielke710@gmail.com](mailto:miranda.mielke710@gmail.com)



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

## Be Your Own Life Coach cont.

Next, we rated each aspect of our life from 1-10 with 10 being highly satisfied. A list of the items we rated: Personal Growth, Faith, Money, Career, Hobbies, Health, Friends, Community, Family, Intimacy. Again, awareness is key and with the knowledge of low-rated areas, we can spend more focus on improving them with small steps.

Then, we talked about my favorite topic: Values. We spend our time, money, and energy on our values. Google a list of values. Choose your top five values and what you want to focus on over the next one to three years. Once identified, you work toward aligning your life to those values. Set a few goals to get there. Many clients are shifting their values from achievement and money to health-related values and setting goals for exercise, healthy meals, and presence.

Of course, any good life coach has to recommend books! My top picks are: "Atomic Habits" by James Clear, "Boundaries" by Cloud and Townsend, and "Mindset" by Carol Dweck.

And finally, we reviewed the South Dakota Dental Association's Be Well Program and ways to continue working on the goals from the session. Please contact me if you want to talk through these new awarenesses, values, or goals in your personal or professional life. Three free and confidential counseling/coaching sessions are available to ALL dentists, and dental clinic team members across the state. Topics for counseling and coaching have included relationships, parenting, work stress, marriage, and career path. This year, I have worked with 15 dentists, clinic managers, and team members through my coaching process to find clarity, build a strategy, and enhance agility skills.

Please reach out if I can support you in your important work. Self-Care is Patient Care!

## Dentistry in South Dakota

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