

Dr. Fiona Collins, BDS, MBA, MA, FPPA

Longmont, Colorado

Fiona has lectured nationally and internationally on dental topics and given presentations in North America, Europe, the Pacific Rim and the Middle East.

Dentinal Hypersensitivity: Prevention and Management

Dentinal hypersensitivity affects patients on a daily basis. We will begin with a review of the prevalence of dentinal hypersensitivity, its impact on patients and the mechanism by which this occurs. We will also address post-operative sensitivity during the presentation. The second part of the presentation will discuss methods for the prevention and management of dentinal hypersensitivity in-office and using at-home therapies.

Learning Objectives:

After attending this presentation, participants will be able to:

- Define dentinal hypersensitivity and the mechanism by which this occurs.
- Describe the causes of dentinal hypersensitivity.
- Review options for the prevention and management of this condition in the office and at home.

Dry as a Desert: Etiologies, Sequelae, and Management of Dry Mouth

Dry mouth affects all age groups. We will begin by discussing the prevalence and causes of dry mouth for both younger and older individuals. We will then address the impact of dry mouth and the potential oral health consequences of this condition. Current and novel therapies available for the management of dry mouth, and the prevention and management of potential outcomes of this condition will be discussed, including the evidence base for their use.

Learning objectives

After attending this presentation, participants will be able to:

- List the etiologies of dry mouth.
- List and describe options for the management and relief of dry mouth.
- Review options for the prevention and management of potential outcomes.

Successful Caries Prevention Strategies through Ages and Stages

Dental Caries affects all age groups. This presentation will deliver current information and strategies to identify risk-based patient needs. We will review current evidence for caries management and effective therapies for patients of all ages and stages. Therapies addressed include in-office and home fluorides, polyols, antimicrobials, and innovative options that have been introduced.

Learning Objectives:

After attending this presentation, participants will be able to:

- List and describe caries risk factors, including systemic diseases.
- Review caries risk assessment.
- Review the evidence on the efficacy and safety of anti-caries agents.
- Describe and design suitable preventive therapies for patient cases.

To Vape or Not to Vape? Recent Findings, Controversies and Trends

Recent findings, controversies and trends have changed the landscape for e-cigarettes. In this presentation will discuss systemic and oral health risks associated with vaping, tobacco cessation, interventions and legislation. After this, the role of dental professionals in providing patient education on vaping will be discussed.

Learning objectives

After attending this presentation, participants will be able to:

- Review recent findings on vaping and potential oral health risks.
- Describe how vaping may or may not play a role in tobacco cessation.
- Provide patients with information on vaping.

Going to Pot: Trends, Health and Treatment Considerations

Increasingly, legislation is legalizing the use of recreational marijuana in addition to pre-existing medical use. This course will review trends in marijuana use, vehicles such as reefers, edibles and vaping, oral and systemic effects, risks and potential implications for dental care.

Learning Objectives:

After attending this presentation, participants will be able to:

- Review trends in marijuana legislation and use.
- Describe oral and systemic effects.
- Review and discuss potential risks and implications for dental care.

What's New in Oral-Systemic Health? Joining the Dots

Knowledge on oral-systemic associations and links continues to unfold with recent findings on oral-systemic health for Alzheimer's disease, obesity and auto-immune diseases. We will 'join the dots' by reviewing risk factors, commonalities and differences, the burden of inflammation and biologic plausibility for associations/links and the potential role of disease therapy and periodontal therapy.

Learning objectives

After attending this presentation, participants will be able to:

- Review risk factors and commonalities for oral disease and auto-immune diseases.

- Describe the biologic plausibility for a link/association between these diseases.
- Describe findings on the potential relationship between disease therapies and outcomes.

Oral Care, Habits and Fads

Oral care, habits and fads all play a role in determining the oral health status of patients. This course will explore these factors in the context of current trends, the evidence, norms and cultural differences. Topics addressed will include oil pulling, the use of charcoal, natural products, probiotics and cultural influences. We will also discuss educating and advising patients on these factors and improving their oral health.

Learning Objectives:

After attending this presentation, participants will be able to:

- Identify habits and fads that may harm oral and systemic health.
- Describe the influence of culture on habits and oral health.
- Review the evidence on various habits and fads.

Sugar and Spice and All Things Nice – Or Not?

The sugar epidemic is in full swing, with an overabundance of foods and drinks containing sugars. At the same time, a plethora of artificial sweeteners leave patients spoilt for choice while information is limited. Are they helpful or harmful? This course will review and compare sugars and added sugars, and their impact on oral and systemic health. A review of artificial sweeteners and discussion on the latest information and current evidence for their potential benefits and harms. Lastly, practical implications and the role of dental professionals in guiding patients will be discussed.

Learning Objectives:

After attending this presentation, participants will be able to:

- List and describe added sugars and their impact on oral and systemic health.
- Review the information on artificial sweeteners, potential benefits and risks.
- Discuss the role of dental professionals in educating and guiding patients on eating (and drinking) sugars and artificial sweeteners.

Antibiotic Stewardship and HAI

Antibiotic resistant and multi-drug resistant microorganisms are a significant global threat. We'll review recent events related to healthcare-associated infections, potential threats and the current status of multi-drug resistance. During the presentation, we will discuss examples relevant to the dental setting, antibiotic stewardship, recent progress in reducing the use of antimicrobials, current guidelines, and the importance of infection control.

Learning objectives:

After attending this presentation, participants will be able to:

- Describe examples of multi-drug resistant microorganisms and healthcare-associated infections.
- Review elements of antibiotic stewardship and current recommendations for endodontic and other indications.
- Provide examples of achievements in reducing the use of antimicrobials.

An Update on Infection Control and OSHA

This presentation will provide information on key protocols in infection control. Key elements required under the Bloodborne Pathogens Standard will be discussed during this presentation, including relevant pathogens in the dental setting, and Hepatitis B inoculation and post-exposure prophylaxis. This will be followed by a review of information on personal protective equipment, risk reduction, and recommendations on engineering and work controls.

Learning objectives

After attending this presentation, participants will be able to:

- Describe the role of testing and Hepatitis B inoculation in protecting against bloodborne pathogens.
- List the personal protective equipment required to meet the Bloodborne Pathogens Standard.
- Review engineering and work controls that contribute to risk reduction.

Dr. Collins additionally provides presentations on other areas of infection control, including instrument processing; dental unit waterlines; aerosols management and mitigation; and environmental surfaces.