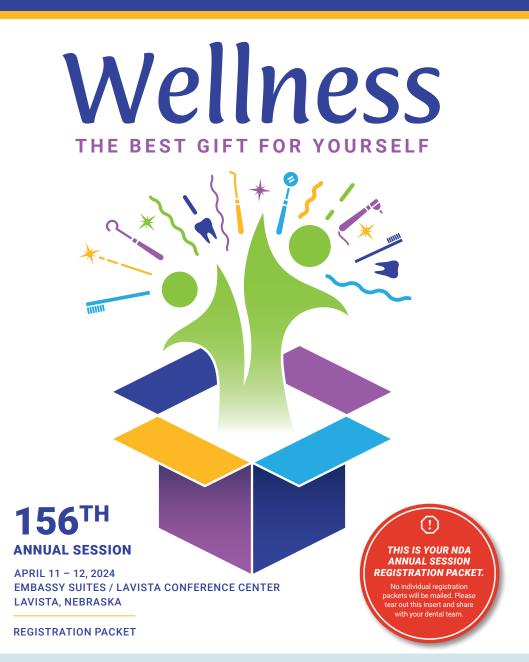




A publication of the Nebraska Dental Association

JAN / FEB / MARCH 2024



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## **President's Message**



Dr. Carolyn Taggart-Burns

2023 was a time for recovery and renewal from the pandemic and so many things. We are grateful that in dentistry, we are still able to take care of our patients in such a hightech, safe manner. As we head to times of renewal, the Nebraska Dental Association is headed into many exciting times. The Nebraska Dental Association is aiming to keep up with the times and with our members. We are working to rebrand ourselves to be accommodating to all members. In these past two years, we have redone our structure of councils to better fit the times. We are working to get more members involved, but on a smaller level so that we can still be a dentist and a family member. Many councils have met and are planning new and exciting things in upcoming years. We want these to be actual working councils that get action started and completed. Please consider joining a council or offering to do some task force projects for our association. They range from membership to association

cultivation to Medicaid to legislation to benefits for our members.

The new legislative session has brought many topics to light. While continuously working on Medicaid reform, there are other legislative bills that have to do with licensure or working better with insurance companies. This is a great way to get involved by contacting your legislator or helping in one of the testimonies. Many members have already participated in this legislative session which is so fantastic to see.

In April we are excited to welcome you to the Nebraska Association annual session. It will be in La Vista, NE on April 11 and 12. I hope you can all attend. It is one of our awesome member benefits where we can get more than six hours of free CE in one day. Our focus is wellness, so we plan to have wellness topics and healthy eating, massages, and meditation. We have also split up the CE into smaller 60-90 minutes sections in case you want to catch different sessions or can only do a half day. We have national speakers, Dr. Ashley Clark and Dr. Ankur Gupta, who always present fantastic courses. Other exciting news is that we have Whitney Crist **RDH**, the President of the NDHA and Dr. Molly McNeely, a practicing Nebraska dentist who is also a business life coach. We won the jackpot with such a great variety of speakers and topics. This is the

time to renew and recheck yourself! I can't wait to see all of you there on Friday, April 12th!

For the final time, I want to thank you for allowing me to serve as your President this year. I have learned a tremendous amount, and I hope I have done a tremendous amount to help the betterment of dentistry. Having a senior and freshman in high school has taught me that we always have something to learn and something to be thankful for.

Please remember to thank our small, but mighty staff, **David O'Doherty** and **Jody Cameron**, for always helping and advocating for the members of the Nebraska Dental Association. I look forward to many years of practicing in this wonderful profession in the great State of Nebraska.

#### **IN MEMORY**

The NDA would like to extend its sincere sympathy to the families of **Dr. Heather Wilson** of Omaha who passed away on December 30, 2023; **Dr. Robert Brady** of Omaha, who passed away on December 31, 2023; and **Dr. Frank Semin** of Omaha, who passed away on January 13, 2024.

# **2024 Legislative Advocacy**

2024 has been a very busy legislative session. The two bills listed below have hearings scheduled soon. Get involved by advocating for your profession. It's simple.

#### **LB 358**

Last year's bill to increase dental Medicaid fees by 25% came to the floor of the Legislature and was passed on General File 35-0-7.

Senators on Appropriations Committee voting YES on LB 358: Sen. Robert Clements, Chairperson; Sen. Myron Dorn; Sen. Robert Dover; Sen. Steve Erdman; Sen. Loren Lippincott; Sen. Mike McDonnell.

**Senators on Appropriations Committee NOT voting on LB 358:** Sen. Anna Wishart, Vice Chairperson; Sen. Christy Armendariz; Sen. Tony Vargas.

#### **LB 935**

A companion bill to LB 358 above, appropriates \$6,000,000 from the General Fund for FY2024-25 to the Department of Health and Human Services for the purpose of increasing provider reimbursement rates for dental services under the Medical Assistance Act. (approximately a 25% increase in fees). HEARING DATE: February 13, 2024 –

#### I R 1110

Requires dental plan carriers to meet a minimum dental loss ratio and provide a report to the Department of Insurance as prescribed.

Provides that dental plans must meet an 85% minimum loss ratio. In other words the plans must spend 85% of the premiums they receive on dental care services.

HEARING DATE: February 27, 2024 – Comments due before 8 a.m. February 27th.

Go to the **NDA Dental Loss Ratio** webpage at **www.nedental.org** for more information.

#### Patients!

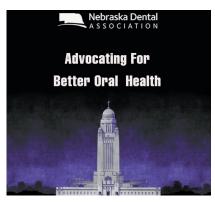
Do you want your premium dollar to cover more care?

Support LB 1110



#### **LB 1387**

Page 3, starting on line 14 suggesting cities or villages who already fluoridate to their water, to place a fluoridation measure on the ballot affirming that they want to continue fluoridating their water . . . if they don't put it on the



ballot, they must cease fluoridating their water.

There is no need for LB 1387. If communities want to place a measure on the ballot to remove fluoridation, they can do so now.

HEARING DATE: February 15, 2024

## The NDA has already testified on the Legislative bills listed below:

#### **LB 1138**

Based on comments from many NDA members, LB 1138 provides an exception to the general electronic prescribing requirement for controlled substances for prescriptions issued by a prescriber who issues fewer than fifty prescriptions for controlled substances in one calendar year.

NDA's legislation - testified in support - there was no opposition testimony.

#### **LB 834**

Establish requirements for a resident dental license. Repurposes the temporary dental license statute into a resident license statute. Allows an applicant to take the ADEX exam or the CRDTS exam.

UNMC and Creighton Dental School's Legislation - NDA testified in support.

#### **LB 1015**

Change provisions of the Rural Health Systems and Professional Incentive Act. Authorizes the Rural Health Advisory Commission to award loan repayments to dentists who see a disproportionate amount of Medicaid patients (to be defined in Regulations).

NDA's Legislation - testified in support – there was no opposition testimony.

See page 8 - how to contact Committee Senators.

## **Attorney General's Office Investigating Non-Covered Services**

## **AG's Office Accepting Complaints from Patients and Dental Offices**

After our third meeting with the Attorney General's office, they would like to hear from both dental offices and patients.

A Rotator on the NDA website (image on the right) has a link to the information below.

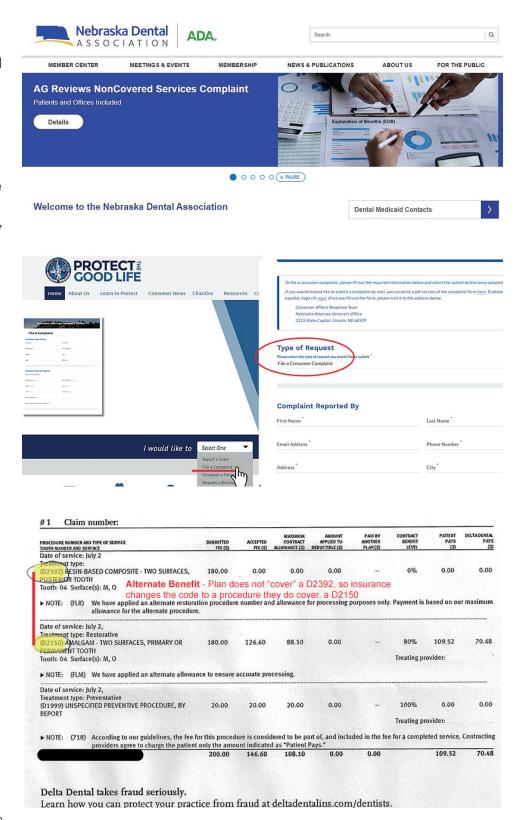
Dentists, if you've had an insurance company force you to accept a lower fee for a non-covered service, you can submit a complaint to the Nebraska Attorney General's Office regarding this business practice. Click "Protect the Good Life" and in the "I would like to" drop down menu, click "File a Complaint."

On the next page, scroll down and make sure the "File a Complaint" box is chosen. Fill in the information about your non-covered services complaint, explaining what has happened up to this point. There is a place where you can upload a file. If possible, upload the EOB you received from the insurance company. Be sure to block out any personal health information of the patient. If your patients are less trusting of you because of this practice, please include that in your complaint.

Once you click "Submit", your complaint will be directed to the Consumer Protection Division.

The Attorney General's Office would also like to hear from your patients.

Patients can access the Attorney General's Complaint page on *Can My Dentist Charge Me More Than My Dental Plan Allows* page on the NDA website.



You can upload a redacted EOB of a non-covered service. Also include any effect on the relationship with your patient because of this billing.



## From the Trenches



David J. O'Doherty

I have repeated the information regarding non-covered services on page 4 from the last newsletter, because

the Attorney General's Consumer Protection Division is still accepting complaints from dental offices and patients.

The graphic shown below is one of the Rotators on the top of the NDA website, **www.nedental.org**, that will take you or your patients to a page that you can submit complaints through their website. This will allow the complaint to be directed to the two attorneys reviewing the matter. You may also upload an image of the EOB that shows the non-covered service.

# Non-Covered Services Patient Acknowledgment Form

Although many insurance companies continue to ignore our non-covered services statute, necessitating the need for meetings with the Attorney General, some insurance companies are acknowledging the statute.

The bad news??

Now, some insurance companies are placing a requirement in their provider handbooks that a dental office has obtained written acknowledgment from the patient. The graphic above is from a Pro-

#### Billing the Member/Member Acknowledgement Form

Envolve Dental reimburses only services that are medically necessary and covered through the health plan program. Providers are not allowed to "balance bill" for covered services if the provider's usual and customary charge for covered services is greater than our fee schedule.

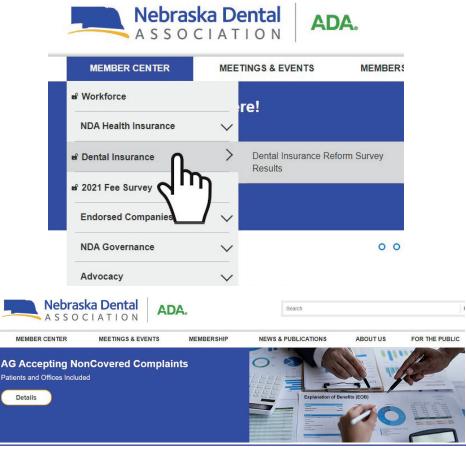
Providers may bill members for services NOT covered by either the health plan or Envolve Dental or for applicable copays, deductibles or coinsurance as defined by the state.

To bill a member for services not covered under the Envolve Dental program, or if the service limitations have been exceeded, be sure to obtain a completed and signed Non-Covered Services Liability Acknowledgement form that acknowledges the member's responsibility for payment of non-covered services. The form can be found on the PWP.

vider handbook. I don't believe a Provider handbook can get around a state statute, but it makes the argument with the insurance company very short when they ask you if you have written acknowledgment from the patient to pay for a non-covered service and you answer "yes."

**Solution:** If you are not already using the *Non-covered Services Patient Acknowledgment Form* with all of your insured patients, start now!

The form is linked on the **Dental Insurance** tab under the **Member Center** shown below.





# Wellness

THE BEST GIFT FOR YOURSELF



156<sup>TH</sup>
ANNUAL SESSION

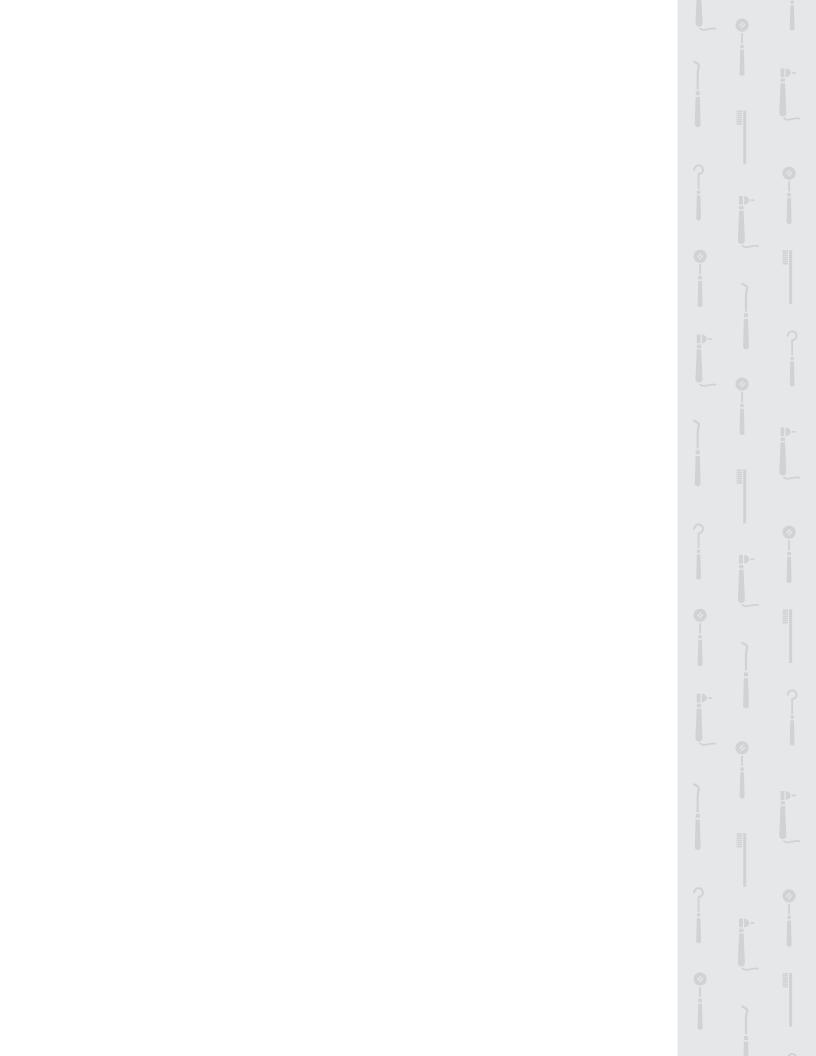
APRIL 11 – 12, 2024 EMBASSY SUITES / LAVISTA CONFERENCE CENTER LAVISTA, NEBRASKA

**REGISTRATION PACKET** 

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THIS IS YOUR NDA ANNUAL SESSION REGISTRATION PACKET.

No individual registration packets will be mailed. Please tear out this insert and share with your dental team.





AROLYN TAGGART

Welcome to the NDA 2024 Annual Session!

The focus of the meeting this year is wellness.

We know that many of us are exhausted, both mentally and physically. Amid our rigorous schedules, it is important to set aside time to care for your personal wellness. We will have a variety of wellness areas throughout the exhibit hall and are looking forward to a busy, energetic, and informative event at the Embassy Suites in LaVista, Nebraska, on April 12, 2024. Please bring your staff and enjoy a full day of continuing education, along with some great conversation with your colleagues.

Our goal this year was to provide a variety of courses, in shorter lengths, that would appeal to every team member. Our hope is that this schedule will be more relaxed and provide you with an adequate amount of time to visit the exhibit hall. During the breaks we will have a few opportunities for you to listen to a couple of different wellness speakers. We encourage you to visit the exhibit hall where our exhibitors will be eager to show you the latest innovations in the dental profession. We also realize that lunch options are limited in the area, so we will once again be offering our members a complimentary boxed lunch.

As you leave the meeting, feel free to grab a cold beverage and a light snack before heading home.

On the following pages you will find all the details about the meeting. Please keep this booklet handy and refer to it as we get closer to the meeting.

We hope to see you on April 12, 2024!

Sincerely,

Carolynpassartoun DOS

Dr. Carolyn Taggart-Burns, NDA President

#### 2024 CORPORATE SPONSORS

(as of date of printing)

Gold Level Sponsors > \$5,000

Ameritas

Blue Cross Blue Shield of Nebraska

Diers Agency (B & B Protector Plan) Molina Healthcare of Nebraska United Healthcare Community Plan of Nebraska

Silver Level
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Photo Booth Sponsor > \$2,500

Patterson Dental

Coffee Bar Sponsor > \$2,000

Delta Dental of Nebraska

Happy Hour Sponsor > \$800

DDSMatch Great Plains Nebraska Total Care

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# **Schedule of Events**

#### All events at the hotel unless otherwise specified

	SESSION/	
THURSDAY, APRIL 11	EVENT#	DESCRIPTION
8:00 a.m. to 1:00 p.m.		Board of Trustees Meeting & Lunch
1:30 p.m. to 4:30 p.m.		House of Delegates Meeting
4:30 p.m. to 6:00 p.m.		Leadership Reception
6:00 p.m.	А	Leadership and Awards Dinner
FRIDAY, APRIL 12	SESSION/ EVENT#	DESCRIPTION
7:00 a.m. 1:00 p.m.		NDA Registration
7:30 a.m. to 5:00 p.m.		Exhibit Hall
8:00 a.m. to 10:00 a.m.	1	Dr. Ashley Clark – "Potentially Malignant Conditions"
8:00 a.m. to 9:30 a.m.	2	Dr. Ankur Gupta – "Turning Ordinary into Extraordinary"
9:30 a.m. to 10:30 a.m.	3	Dr. Molly McNeely – "Mindful Leadership at Office 101" (Exhibit Hall)
10:00 a.m. to 11:30 a.m.	4	Dr. Ankur Gupta – "I Want my Back Back: Identifying and Mitigating Factors That Make Even the Most Successful Dentists Miserable"
10:30 a.m. to 11:30 a.m.	5	Dr. Ashley Clark – "Oral Cancer"
11:30 a.m. to 12:30 p.m.	6	Nebraska Safety Council, Presented by Kelsey Pruss, Wellness Services Manager – "Emotional Wellbeing in the Workplace" (Exhibit Hall)
11:30 a.m. to 1:00 p.m.	В	NDA Early Career Dentist "Lets Do Lunch"
11:30 a.m. to 1:00 p.m.	С	American Association of Women Dentists
11:30 a.m. to 1:00 p.m.	D	Nebraska Society of Periodontists Lunch
11:30 a.m. to 1:00 p.m.	Е	Past President's Lunch
11:30 a.m. to 1:00 p.m.	F	Southeast District Dental Society Lunch
12:30 p.m. to 1:30 p.m.	7	Whitney Crist, RDH, CES, CPT, CNC, FADHA – "Unlocking Efficiency and Vitality in Dentistry Through Ergonomics" (Exhibit Hall)
1:00 p.m. to 3:00 p.m.	8	Dr. Ashley Clark – "Common Oral Lesions"
1:00 p.m. to 2:30 p.m.	9	Dr. Ankur Gupta – "Implant Retained Removables: The Least Stressful Replacement Option"
2:30 p.m. to 3:30 p.m.	10	Dr. Molly McNeely –"Mindful Leadership for the Individual Professional 102" (Exhibit Hall)
3:00 p.m. to 4:30 p.m.	11	Dr. Ankur Gupta – "Mitigating Miserabl-odontics: The Tools and Techniques that HELP Make the Most Difficult Procedures in Dentistry Easier, Predictable, Less Painful, and MORE SUCCESSFUL"
3:30 p.m. to 4:30 p.m.	12	Dr. Ashley Clark – "Ulcerative Lesions of the Oral Cavity"
4:30 p.m.		Departing Cocktails (in the exhibit hall)

## Hotel

The Embassy Suites Omaha-LaVista Hotel & Conference Center 12520 Westport Pkwy, LaVista, Nebraska is the host hotel for the 2024 Annual Session April 11-12, 2024.

The Embassy Suites Omaha – LaVista Hotel & Conference Center has set aside a block of rooms for the NDA for the period of Thursday, April 11, 2024, to Saturday, April 13, 2024, at a rate of \$144 per night for single or double occupancy. Make your reservations directly with the hotel on or before March 11, 2024.

To make your reservations, use the link on the NDA website at <a href="https://www.nedental.org">www.nedental.org</a>. If you prefer to make your reservations by phone, please contact the hotel at 402-331-7400 and say that you are with the "NDA".



So that we can fill our room block, we ask that you inform the hotel that you are with the NDA meeting, even if you are using hotel points. Thank you in advance for your cooperation.

## **Exhibit Hall**

The exhibit hall is open on Friday, April 12, 2024, from 7:30 a.m. to 5:00 p.m. Please stop in the exhibit hall to support those who support our meeting. A name badge is required for admittance. Any member of the NDHA or the NDAA wishing to visit the exhibit hall may do so with their association name badge.

This year we have several speakers who will be presenting in the exhibit hall during breaks and at lunch, as well as a wellness area.

We have built in some seating areas where you can visit with company representatives or colleagues, so please do not pass up the opportunity to do so!

## **Continuing Education**

The NDA is the best place to earn your continuing education credits. Coordinated by a team of volunteers and NDA staff, and supported by generous sponsors, the NDA Annual Session offers dental professionals the opportunity to earn CE in person while networking with colleagues. You simply cannot get this by doing online CE courses. Attendees will scan the session QR code at the end of the presentation to fill out a short survey and obtain their CE slip. **Continuing education hours are listed on each individual session.** 

## **Registration Fees**

This year we will offer a NEW day pass for dental team members. This pass will include access to all continuing education courses or presentations, access to the exhibit hall, as well as departing cocktails and appetizers. With this day pass, there is an opportunity for dental team members to attend up to eight different presentations.

As a recruitment tool for the NDA, we are offering non-members the opportunity to pay a \$500 registration fee for their first meeting. This fee can then be applied to the cost of ADA/NDA dues, if paid within thirty days of the meeting.

Each attendee must register individually for each session that they wish to attend.

- · NDA Dentists may attend all CE with paid 2024 dues.
- Hygienist Day Pass \$150
- Dental Assistant, Office Staff, and Spouse Day Pass \$100
- · ADA member from another state \$250 registration fee\*
- · Non-Member \$500 registration fee\*\*

<sup>\*</sup>Due to a reciprocal agreement, South Dakota and North Dakota dentist members may attend CE for no additional charge

<sup>\*\*</sup>For their first meeting, non-members can pay a \$500 registration fee to attend the meeting. This fee can then be applied to the cost of ADA/NDA dues, if paid within thirty days of the meeting

## **Speaker**



### **Ashley Clark, DDS**

Dr. Ashley Clark is a board-certified oral pathologist currently serving as the Vice President of CAMP Laboratory in Indianapolis, Indiana after a nearly decade-long career serving as an oral pathologist in academia. She is on the Professional Board for Oral Cancer Cause and Digital Dental Notes and the Advisory Board for General Dentistry. Dr. Clark has won several teaching awards, has provided over 150 continuing education courses, and has authored more than 50 publications and book chapters. She is a member of the American and International College of Dentists. For a free biopsy kit, please email aclark@camplaboratory.com.

#### **Session 1:**

## Potentially Malignant Conditions

FRIDAY, APRIL 12 8:00 A.M. - 10:00 A.M. | 2 CE

This course is designed to provide an overview of premalignant lesions found in the oral cavity. Participants will learn about how these lesions frequently present and understand how to formulate a proper treatment plan for their patients. Leukoplakia and erythroplakia will be among the findings discussed in detail.

#### **OBJECTIVES:**

- Discuss common presentations of potentially malignant disorders
- Compare leukoplakia with other white lesions of the oral cavity.
- Discuss how to appropriately manage patients with potentially malignant disorders.

Break - 10:00 a.m. to 10:30 a.m

#### Session 5:

#### **Oral Cancer**

FRIDAY, APRIL 12 10:30 A.M. – 11:30 A.M. | 1 CE

This course will provide the dental team with a review of oral cancer, including discussion of HPV-related lesions. When and where to refer these patients will be discussed.

#### **OBJECTIVES:**

- · Determine where oral cancer is most likely to occur.
- Discuss differences between human papillomavirus-driven oropharyngeal squamous cell carcinoma (SCCa) and conventional SCCa.
- Determine when and where to refer patients.

Lunch Break - 11:30 a.m. to 1:00 p.m.

#### **Session 8:**

#### Common Oral Lesions

FRIDAY, APRIL 12 1:00 P.M. - 3:00 P.M. | 2 CE

This course is designed to inform the participant about various oral pathologic lesions of the oral cavity. The oral health care professional should be able to identify common lesions and understand how to manage patients with such conditions.

#### **OBJECTIVES:**

- Identify common lesions of the oral cavity during routine examination.
- Determine how to properly manage patients presenting with various oral pathologic lesions.
- Discuss the treatment plan and prognosis of various oral pathologic lesions with patients.

Break - 3:00 p.m. to 3:30 p.m.

#### Session 12:

# **Ulcerative Lesions of the Oral Cavity**

FRIDAY, APRIL 12 3:30 P.M. – 4:30 P.M. | 1 CE

This course is designed to inform the participant about ulcerative lesions of the oral cavity ranging from common entities to more rare dermatologic conditions with oral manifestations. Treatment and management of patients with these ulcerative conditions will be reviewed for each entity.

#### **OBJECTIVES:**

- Recognize ulcerative conditions of the oral cavity.
- Determine a differential diagnosis for ulcerative lesions.
- Discuss appropriate treatment and follow-up measures for patients with oral ulcerations.

## **Speaker**



#### **Ankur A Gupta, DDS**

Ankur A Gupta, DDS, after completing a one-year GPR in Cleveland, started a practice from scratch in 2005. Armed with what he considered adequate dental knowledge, hand skills, and a personable demeanor, he watched as his practice floundered, finances became un-predictable, and his lower back and spirit toward his profession became worrisome. Rather than continue the trend, he made a guinea pig out of his office, family, and self, attempting all personal and professional "experiments" in self-improvement.

More than a decade later, he enjoys an excellent practice, a solution oriented dental team; and most importantly, a meaningful and positive identity. He happily shares the failures and successes with dental and community groups throughout the country, always ending his presentations with practical, implementable, step-by-step ways to be better.

Dr. Gupta graduated from the University of Michigan School of Dentistry in 2004. In 2005, after completing a one-year General Practice Residency in Cleveland, Ohio, he, and his partner Dr. Nisha Gupta, started North Ridgeville Family Dentistry. In addition to founding North Ridgeville Family Dentistry, Dr. Gupta is a member of the American Dental Association, Greater Cleveland Dental Society, Ohio Dental Association, ADA Success Speaker Corp and an active board member and a speaker for Catapult Education's Speaker Bureau.

Dr. Gupta is an AGD/PACE certified provider.

#### These lectures are Sponsored by:

Dentatus, Kettenbach, PerioProtect, Pearl, Reach, and Ultradent

#### **Session 2:**

#### **Turning Ordinary into Extraordinary**

FRIDAY, APRIL 12 8:00 A.M. TO 9:30 A.M. | 1.5 CE

Every office is made up of individuals who all possess a multitude of flaws. In even the most dynamic, successful, consistently happy organizations, there still exists flawed individuals, far from perfect. How did a group of ordinary people create something extraordinary? Vision, systems, personal reflection, honesty about our own unique drawbacks, along with many more pragmatic and attainable frameworks that all dental offices can create. Dr. Gupta will not only introduce steps to take in order to optimize the practice structure, but will also challenge each participant to reflect upon their own personal daily habits and routines, and how small changes can lead to a much improved practice and personal life.

#### **OBJECTIVES:**

- Gain strategies and tools for inspiring a culture of self-directed leaders in the practice
- Explore a culture of autonomy in which team members feel ownership with practice improvement and implementation
- · Identify internally designed accountability systems
- · Completely re-think the norms of the patient experience

Break - 9:30 a.m. to 10:00 a.m.

Gupta sessions continued on next page

#### Ankur A Gupta, DDS (continued)

#### Session 4:

# I Want my Back Back: Identifying and Mitigating the Factors That Make Even the Most Successful Dentists Miserable

FRIDAY, APRIL 12 10:00 A.M. TO 11:30 A.M. | 1.5 CE

Despite the myriad of benefits that dentists get to enjoy, including a high income, a less-than 5 day workweek, and the opportunity to be a business owner, many are miserable. This can be sourced to four main factors: body pain, isolation, un-needed stress, and debt. In this presentation, Dr. Gupta shares the stories of many dentists, and how they intentionally changed the trajectory of their lives.

#### **OBJECTIVES:**

- Discover the #1 happiness and relationship killer that also affects your ability to perform more comprehensive dentistry;
- Illuminate the long-term impact of poor posture and a sedentary lifestyle to the dental team;
- Gain a daily core strength routine that can affect your overall quality of life;
- Examine the culture, habits and health of those living in Blue Zones and learn why they live disproportionately longer lives:
- Recognize the barriers, benefits and steps for integrating a mindful approach everyday;
- Explore the long term physical/psychological implications of a "constantly plugged in" life
- · Identify steps to prevent and treat burnout.

#### Lunch Break - 11:30 a.m. to 1:00 p.m.

#### Session 9:

# Implant Retained Removables: The Least Stressful Replacement Option

FRIDAY, APRIL 12 1:00 P.M. TO 2:30 P.M. | 1.5 CE

When faced with either partial or full edentulism, the options that are available to most patients are often limited to either conventional dentures, which are poorly retained, or implant-

retained fixed prostheses, which are very expensive, complicated, and stressful for the providing dentist. Implant retained removable dentures are a wonderful "middle-ground" option. The problem is that they require knowledge and comfort with all the tiny parts and pieces needed for successful execution. In this entertaining and highly practical presentation, Dr. Gupta simplifies this process, providing a simple, step-by-step guide from the new patient consult all the way to final seating.

#### **OBJECTIVES:**

Gain a general overview of all long-span replacement options, and understanding the benefits and limitations of each;

Discover the long-term benefits that implant retained removable options uniquely create;

Attain clear understanding of the details, steps, and supplies needed from start to finish;

Understanding several internal and external marketing strategies to individuals in your community who are frustrated with their ill-fitting dentures.

Break - 2:30 p.m. to 3:00 p.m.

#### Session 11:

# Mitigating Miserabl-odontics: The Tools and Techniques That HELP Make the Most Difficult Procedures in Dentistry Easier, Predictable, Less Painful, and MORE SUCCESSFUL.

FRIDAY, APRIL 12 3:00 P.M. TO 4:30 P.M. | 1.5 CE

Experience is an excellent teacher, and there is no doubt that, as we progress through the years as clinical dental practitioners, certain techniques and procedures become easier. Sadly, there are still certain situations in the operatory that continue making us miserable. Blood, chubby cheeks, margins that are difficult to reach or visualize, all manage to make our days just a little more frustrating, inefficient, and unpredictable. In this entertaining and highly relatable presentation, Dr. Gupta shares several techniques, strategies, and products that sometimes eliminate, and always mitigate some of that operatory misery.

#### **OBJECTIVES:**

- Discover the products that HELP make dentistry more ergonomic and friendly FOR our backs, necks, and hands;
- Discover the advances in technology that minimize the most stressful clinical situations;
- Learn about updates in clinical dentistry that aid in isolation and hemostasis.

## **Speaker**



## Molly McNeely, DDS, FAGD, MAGD

Dr. Molly McNeely has been a seasoned dental practice owner for more than 20 years. Her mission is to empower other dental professionals to redefine success. Having personally navigated the spectrum from chaos to contentment, Dr. Molly understands the transformative power of shifting internal dialogues to influence external circumstances. Beyond dentistry, she is an avid yoga practitioner, hiker, and emotional and mental health champion. Committed to community upliftment, she volunteers locally and extends her impact through coaching and mentoring. Join her and embark on a journey of self-creation to harness the power within you.

#### **Session 3:**

## Mindful Leadership at Office 101

FRIDAY, APRIL 12 9:30 A.M. TO 10:30 A.M. | 1 CE\*

You do not stumble upon your life; you are creating it.

If you are not enjoying your practice, why not make some changes? What is keeping you from living life on your terms? Dr. McNeely invites you to begin by focusing on your internal game. Redefine leadership & success to find your peace. Learn creative ways to create a healthy culture in your practice, build & empower your team, and sell treatment by being more authentic.

#### **OBJECTIVES:**

- · Redefine leadership & success
- · Empower attendees to live their passion
- Create a healthy office culture
- Sell treatment with integrity
- · Team building & communication
- · Question your internal game

#### Session 10:

## Mindful Leadership for the Individual Professional 102

FRIDAY, APRIL 12 2:30 P.M. TO 3:30 P.M. | 1 CE\*

Join Dr McNeely as she delves into the art of resilience in dentistry—navigating mistakes, patient departures, and overcoming bad reviews through a personalized mindset shift. Discover the power of rewriting your story, mastering stress, and turning perfectionism into a strength. Elevate your dental career (and life) by focusing on the unshakable power of you. Your choice to attend isn't just an hour, it's a pivotal step toward lasting transformation.

#### **OBJECTIVES:**

- How to handle mistakes, patients who leave, & bad reviews
- Rewiring your mindset
- Learning to practice in peace
- · Using perfectionism as a strength
- · Mindfully handling your stress & overwhelm

<sup>\*</sup>These presentations qualify as practice management continuing education and can be used towards the four (4) hours allowed every license cycle.







### Kelsey Pruss, Wellness Services Manager Nebraska Safety Council

Kelsey has been working in a variety of health and wellness ventures for the last 14 years. Her experiences span from group fitness and personal training, to teaching nutrition at the college level, and multiple stints in a corporate wellness setting! Ms. Pruss specializes in education, public speaking, health coaching, and program development.

#### **Session 6:**

#### **Emotional Wellbeing in the Workplace**

FRIDAY, APRIL 12 11:30 A.M. – 12:30 P.M. | 1 CE\*

Mandatory overtime, unprecedented staffing shortages, financial instability — it's no wonder employee morale is at an all-time low. Workers are experiencing higher levels of anxiety and depression, which impacts more than 16 million Americans and costs the U.S. economy more than \$210 billion per year in absenteeism, reduced productivity, and medical costs.

Mental health includes our emotional, psychological, and social well-being, and it affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make healthy choices. With the growing numbers of mental health-related incidents in the workplace, it is our responsibility to educate ourselves about mental health well-being and learn the proper tools to manage it effectively and create a safe working environment.

#### **OBJECTIVES:**

After participating in this session, attendees should be able to:

- ${\boldsymbol{\cdot}}$  Recognize mental health as a national and local public health crisis.
- Identify personal stressors and their response to acute and chronic stress.
- Define the Fight Flight response and its physical and psychological impact on overall health and well-being.

\*This presentation qualifies as practice management continuing education and can be used towards the four (4) hours allowed every license cycle.





## **Speaker**

#### Whitney Crist, RDH, CEAS, CPT, CNC, FADHA

Over her 12 years practicing as a dental hygienist, Whitney has become a noteworthy leader within the dental hygiene community. As a speaker, clinician, and adjunct faculty educator, Whitney enjoys sharing her knowledge and passion for dentistry. She channels her dedication to aiding dental professionals in achieving pain-free work through her business endeavor, Dentistry Rebalanced. Holding certifications as a Certified Ergonomic Assessment Specialist, Certified Personal Trainer, Essentrics Instructor, and Certified Nutritional Coach, Whitney brings a comprehensive approach to her mission.

#### This Presentation sponsored by LumaDent

#### **Session 7:**

# **Unlocking Efficiency and Vitality in Dentistry through Ergonomics**

FRIDAY, APRIL 12 12:30 P.M. TO 1:30 P.M. | 1 CE

It is well established that dentistry takes a toll on the body with many professionals struggling with musculoskeletal disorders – often shortening clinician's careers and impacting their overall life. This interactive course will explore solutions to dentistry's pain problem. By delving into proper ergonomics, strategies for achieving a neutral posture, and a hands-on demonstration with an operatory chair, clinicians will begin their path toward career longevity.

#### **OBJECTIVES:**

- · Acknowledge the significance of ergonomics in dentistry and gain a foundational understanding of neutral posture
- · Identify the relationship between poor posture, muscle imbalances, and chronic musculoskeletal pain
- · Discuss practical strategies, tools, and products that can assist in improving ergonomics

Attendees joining this presentation will be entered into a drawing for a Crown Seating Saddle Stool. (Valued at \$850) MUST BE PRESENT TO WIN!





#### **COMPLIMENTARY BOXED LUNCH FOR NDA MEMBERS!**

We know that lunch options are limited in the area so we invite all NDA member dentists to enjoy a boxed lunch on us! If you would like to take advantage of this offer, you must select the boxed lunch option on the registration form. To avoid duplications, if you are attending any of the specialty lunches, please do NOT sign up for this boxed lunch. A ticket will be provided in your registration materials that you can turn into hotel staff at the back of the exhibit hall beginning at 11:30 a.m. on Friday to obtain your lunch.

Additional boxed lunches are available for your staff at a cost of \$25 each **(this is less than our cost)**. Please order lunches on the registration form.

## **Social Events**

(All social events are at the hotel unless otherwise noted, and do require registration.)

#### **Leadership Reception**

Thursday, April 11, 2024 4:30 p.m. to 6:00 p.m. Embassy Suites Omaha / LaVista Conference Center

NDA Leadership, award honorees, and visiting guests, are invited to attend a Leadership Reception from 4:30 p.m. to 6:00 p.m. Light appetizers and cocktails will be provided.

Registration not required.

#### **Event A**

#### **Leadership and Awards Dinner**

Thursday, April 11, 2024 6:00 p.m. Embassy Suites Omaha / LaVista Conference Center

NDA Board of Trustee members and award honorees may attend the Leadership and Awards Dinner for no charge, but registration is required.

Each year the NDA honors those members who have made outstanding contributions to organized dentistry. These individuals will be recognized at a dinner on Thursday, April 11, 2024, at 6:00 p.m. We will honor dentists celebrating 50 years in dentistry, those awarded with ADA life status, the NDA Hall of Fame, the NDA Young Professional, and the President's Award.

\$30 pp. | Register for Event A Cash Bar Honorees and NDA Board of Trustee members may attend for no charge.

#### **Event B**

NDA Early Career Dentist "Let's Do Lunch"

Friday, April 12, 2024 11:30 a.m. to 1:00 p.m. Embassy Suites Omaha / LaVista Conference Center

We would like to invite NDA early career dentists (those practicing ten years or less) to "Let's Do Lunch" at the NDA Annual Session at 11:30 a.m. on Friday, April 12, 2024, at the Embassy Suites in LaVista, Nebraska. The Foster Group, our

lunch sponsor, will make a short presentation about finances. Attendees will then participate in a round table discussion on some of today's hot button topics.

Grab a complimentary healthy salad lunch and connect with your friends and colleagues. Let's choose to connect and grow together to improve our profession for the future! "Let's Do Lunch" on April 12, 2024!

No charge | Register for Event B Registration for this event includes a lunch.

#### This luncheon Sponsored by:



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#### **Events C - F**

#### **Specialty Groups**

Friday, April 12, 2024 11:30 a.m. to 1:00 p.m. Embassy Suites Omaha / LaVista Conference Center

We would ask that you please register for the specialty group events using the event codes provided in the registration materials. This will enable us to give an accurate count for meals.

Register for Events C - F

## Departing Cocktails and Appetizers

Friday, April 12, 2024 Immediately following CE in the exhibit hall (approximately 4:30 p.m.)

Take a couple of minutes on your way out to grab a cold beer, a glass of wine, or a quick snack. It's our way of thanking you for attending the meeting

No Charge



## **Event B** | NDA Early Career Dentist

# "Let's Do Lunch!"

Early career dentists (those practicing ten years or less) are invited to "Let's Do Lunch" at the NDA Annual Session at 11:30 a.m. on Friday, April 12, 2024, at the Embassy Suites in LaVista. Spend your lunch break connecting with your friends and colleagues. Lunch will be provided.

The theme of our meeting this year is "Wellness: The Best Gift For Yourself". We know that our mental health is important to our overall health. You only have one body and one mind. If you take care of your physical and mental health, you'll be in a better position to take care of your patients' oral and dental needs.

As an early career dentist, we know that you have a lot on your plate whether it is considering a new practice, loans to pay back, or finding the perfect life/work balance. The NDA Early Career Dentist Council wants to engage with each of you and help show you the value that organized dentistry can add to you both personally and professionally. Having a community to turn to means a great deal.

Ross Polking, CFP®, AIF®, MBA, Senior Business Development Advisor for the Foster Group, the sponsor of our lunch, will be making a short presentation entitled, "Things dentists wish they knew about finances then that they know now. We promise not to bore you." In our short 10 minutes – we will cover:

- What dentists say they wish they knew "then" about personal finances that they know "now".
- Creating an expedited path towards financial independence.
- Making good decisions with your increase in income while avoiding costly mistakes

Following the presentation, join those present for a round table discussion on some of today's hot button issues.

If all of that wasn't enough to entice you to join us, we will have a healthy salad lunch, and some wonderful door prizes!

Let's choose to connect with each other. Let's do lunch on April 12, 2024!

Register for Event B | No charge Registration for this event includes lunch.



Friday morning, meeting attendees can grab a complimentary cup of coffee inside the exhibit hall at booth #14.

Coffee sponsored by Delta Dental of Nebraska.

△ DELTA DENTAL®

# **Registration Information**



Review the schedule of events and select your session and/or social event:



Determine your registration type (DDS, RDH, Assistant, etc);



Determine the price of the session and/or social event based on your registration type; and



Submit information, with payment, to the NDA for processing.

#### **EACH ATTENDEE MUST REGISTER INDIVIDUALLY**

#### **Types of Registrants**

**NDA Dentist** – NDA active or retired member dentists, who have paid their 2024 membership dues, can attend the continuing education for no additional charge.

**Dental Team –** Hygienist - Day pass - \$150. Dental Assistant, Office Staff, and Spouse - Day Pass - \$100

**Dental Students and Graduate Students –** Dental students may attend the continuing education for no charge but registration is required.

**ADA Dentist From Another State** – With payment of a \$250 registration fee, ADA dentists visiting from another state may select from the CE available.\*

**Non-Member –** With payment of a \$500 registration fee, non-member dentists may select from the CE available.\*\*

\*Due to a reciprocal agreement with the North Dakota and South Dakota Dental Associations, their member dentists may attend the NDA CE for no additional charge.

\*\*For their first meeting, non-members can pay a \$500 registration fee to attend the meeting. This fee can then be applied to the cost of ADA/NDA dues, if paid within thirty days of the meeting

### **4 WAYS TO REGISTER**

ONLINE AT <u>WWW.NEDENTAL.ORG</u> MAIL | FAX | EMAIL | ONSITE

- Online Skip the line and register online. Online registration is available through the NDA website at <u>www.nedental.org</u>. Online registration will close on April 8, 2024. After this date you will need to register onsite.
- Mail or fax Mail or fax your registration to the NDA Office, 7160 South 29th Street, Suite 1, Lincoln, NE 68516. Fax: 402-476-2641
- Email Email registration form, with credit card information, to Jody at <u>jody@nedental.org</u>
- Onsite Registration will close on April 8, 2024. After this date you will need to register onsite.

#### **Registration and Name Badge**

Each attendee must register individually with a valid email address. Email addresses will be used to email the CE slips following the meeting. Each person registering will receive a name badge. The name badge will gain you admittance into the sessions and/or social events. Name badges will be available for pick up on Friday morning beginning at 7:00 a.m. Members of the NDHA or NDAA may gain admittance into the NDA Exhibit Hall using their association name badge.

#### **Deadlines, Refunds, Cancellations**

#### **Registration Deadline:**

April 8, 2024

After this date you must register onsite.

#### **Refunds & Cancellations:**

All refund and cancellation requests MUST be made in writing prior to April 1, 2024. No refunds for any reason after this date.

#### **ONLINE REGISTRATION ENCOURAGED!**

# **Registration Form**

**One form per attendee. Copy form as needed.** If you prefer, use the online registration link at <u>www.nedental.org</u>.

ONE FORM PER ATTENDEE **Online** www.nedental.org Full name: \_\_\_ Mail or Fax 7160 S 29th St. Ste 1. Lincoln, NE 68516 Street address: Fax: 402-476-2641 \_\_\_\_\_State:\_\_\_\_\_Zip: \_\_\_\_\_ **Email** Daytime phone:\_\_\_\_ jody@nedental.org Onsite **CHECK APPROPRIATE TITLE:** Registration closes 4-8-24. After that □ NDA Member DDS □ Hygienist □ Assistant □ Staff □ Spouse/Guest □ Dental Student time you must ☐ ADA Member from Another State ☐ Non-Member register onsite. THURSDAY, APRIL 11 ☐ **SESSION 9:** DR. ANKUR GUPTA Check Box to Register for Event ☐ SESSION 10: DR. MOLLY MCNEELY ☐ **EVENT A**: LEADERSHIP AND AWARDS DINNER ☐ **SESSION 11:** DR. ANKUR GUPTA NDA BOARD OF TRUSTEES AND HONOREES, NO CHARGE. ☐ SESSION 12: DR. ASHLEY CLARK DENTAL TEAM MEMBERS AND GUESTS, \$30 pp Check Box to Register for Event(s) FRIDAY, APRIL 12 ☐ EVENT B: NDA EARLY CAREER DENTIST Check Box to Register for Course(s) "LETS DO LUNCH" ☐ SESSION 1: DR. ASHLEY CLARK ☐ EVENT C: AMERICAN ASSOCIATION OF WOMEN DENTISTS LUNCH - \$40 PP ☐ SESSION 2: DR. ANKUR GUPTA □ EVENT D: NFBRASKA SOCIETY OF □ SESSION 3: DR. MOLLY MCNEELY PERIODONTISTS LUNCH □ EVENT E: PAST PRESIDENT'S LUNCH □ SESSION 4: DR. ANKUR GUPTA ☐ **EVENT F**: SOUTHEAST DISTRICT DENTAL SOCIETY □ SESSION 5: DR. ASHLEY CLARK LUNCH ☐ SESSION 6: NEBRASKA SAFETY COUNCIL Check Box for Lunch □ SESSION 7: WHITNEY CRIST, RDH ■ NDA MEMBER BOXED LUNCH No charge ☐ ADDITIONAL BOXED LUNCH OTY: \$25 each ☐ SESSION 8: DR. ASHLEY CLARK NDA Dentists may attend all CE with paid 2024 dues. Dental Student – No charge Hygienist - Day Pass - \$150 ADA member from another state - \$250 registration fee\* Non-Member - \$500 registration fee\*\* Dental Assistant, Office Staff, Spouse Guest - Day Pass - \$100 \*Due to a reciprocal agreement, South Dakota and North Dakota dentist members may attend CE for no additional charge \*\*For their first meeting, non-members can pay a \$500 registration fee to attend the meeting. This fee can then be applied to the cost of ADA/NDA dues, if paid within thirty days of the meeting **PAYMENT DETAILS Credit Card** □ VISA □ MasterCard □ American Express □ Discover Total Paid S: Name on Card ☐ Check Billing Address \_\_\_\_\_ (Make checks payable to the Nebraska Dental Association) Exp. Date CVV#

Please keep a copy of this registration form for your records. If you have questions about completing this registration form, please call the NDA office at 402-476-1704. Visit the NDA's website at <a href="https://www.nedental.org">www.nedental.org</a> for complete information, including schedule, speakers, and online registration.

Signature



**UPCOMING MEETINGS** 

## 157th NDA Annual Session

April 11, 2025 | Lincoln, NE



# 10th District Trustee Report

## **You Can Do It**



**Dr. Scott Morrison** 

In November, I turned 65 years old and received my official Medicare card. I guess that means I am officially a senior citizen, at least in the view of the

United States Government. That birthday and receipt of that card caused me to think about the various stages of my life; how I have evolved as a person and how my involvement in organized dentistry has also evolved.

When I was young, I considered myself fearless, open to any opportunity and adventure. I had a core group of friends in my neighborhood and at school. We were focused on school and sports, not always in that order. I cannot say that we were perfect angels, as we pushed some of the boundaries that our parents and school officials put in place. College proved a life expanding experience, as my world grew beyond the neighborhood in which I was raised and the local schools I attended. The opportunities for meeting new people were boundless, people from other parts of Nebraska and the United States. I had already set my mind to becoming a dentist. I studied hard and played hard.

In middle age, I found myself married with two children. I was also operating my own dental practice. I had family members, patients, and staff that I was responsible for. The decisions that life demanded held higher consequences, and in some cases involved substantial financial resources. I found that I had settled down and my life included a more routine set of activities with family members, friends, and

colleagues. This is the period of time when my involvement in organized dentistry took on new meaning. I became more involved in leadership opportunities within the Omaha District Dental Society and the Nebraska Dental Association, I was introduced to the role that the American Dental Associations plays in overseeing operations of the tripartite system. I came to recognize the important role that organized dentistry plays in protecting the profession and practice of dentistry. Many of my friends became my dental colleagues who better understood the ups and downs of being a dentist. With the guidance and encouragement of a mentor, I found my voice and found that I had points of view and insights that I was willing to share with other leaders and members within organized dentistry.

As a senior citizen, I find myself with a developed confidence in my convictions. Yet, I am still interested in hearing the opinions and viewpoints of those of different opinions and younger than me. I believe that people's opinions and points of view are influenced by their life experiences and events that take place during their lifetimes. Those experiences are different for today's younger folks versus today's senior citizens. I think we can all learn something by taking the time to talk with colleagues, family members and friends from various generations. I hope to always give others the opportunity to explain why they feel the way they do. Understanding why someone feels the way he or she does is critical to understanding his or her point of view. Listening and gaining understanding does not mean that we will agree on every subject, policy, or resolution, but it will go a long way toward understanding why we might disagree. Acknowledging the existence of varying opinions is healthy for organizations and relationships.

I have also come to realize that my involvement in a leadership role in organized dentistry is moving towards an end. This realization does not cause me sadness, as I am proud of each and every role that I have accepted and served in at the local, state, district, and national levels. I feel that I have done my share to help promote and protect the dental profession, and it is time for others to take the reins. I find it interesting that while in dental school, I was probably considered one of the least likely students to become actively involved in organized dentistry.

I guess it just goes to show that you cannot always accurately predict who will become inspired to step up and serve. In my case, I think it goes back to an adage that we probably all heard from our parents; that being to choose your friends carefully. I think I have been very lucky in the dentists that have befriended me and have served as caring and dedicated leaders within dentistry. In turn, I hope that I have encouraged and inspired others to consider sharing their time and talents within organized dentistry.

In my opinion, there is never a perfect time to consider serving in a leader-ship position within organized dentistry. There are numerous reasons to delay becoming involved, and those reasons will always exist, for each of us. You just need to decide that you want to serve and that you will do your best to fulfill the responsibilities for the position you accept. If I can do it, so can you.

Respectfully submitted,

Scott L. Morrison, DDS, MS

## **Advocate for Oral Health**

#### You Can Do it!

Go to https://nebraskalegislature.gov/ and enter the bill number in the top right search bar.



The bill page will have the text of the bill linked and which Committee the bill has been assigned to schedule a hearing.



The Committee page will have links to every Senator on the Committee, with email and phone numbers to advocate for any legislative bill in their Committee.



# A Day At The Capitol

## **Testifying For LB 935**



**Dulci Luhn,** Medicaid patient, Single mom with four kids from Grand Island, testifying in support of **LB 935**, in front of the Appropriations Committee. LB 935 requests \$6 million to increase dental Medicaid fees.



NDA at the Capitol - I to r: Dulci Luhn, Medicaid patient, Dr. Jessica Meeske, Sean Kelly, Medicaid patient and his son, Dr. Scott Morrison, David O'Doherty, Dr. Jonathon Simpson and Dr. Corrine Van Osdel.



The **Appropriations Committee** heard testimony from all over Nebraska: top to bottom: **Sean Kelly**, Medicaid recipient and recovering substance abuse, Grand Island; **Dr. Corrine Van Osdel**, UNMC, works with adult special needs patients; **Dr. Brandon Chapek**, General dentist, Lincoln; **Dr. Jonathon Simpson**, pediatric dentist, North Platte (huge Medicaid desert); **Dr. Jessica Meeske**, Pediatric Dentist, Hastings. The Committee also received 38 letters of support.



JANUARY 1, 2024 NEBRASKA LAW: Electronic prescriptions now required for controlled substances.



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## **Classifieds**

#### **WESTERN NEBRASKA GENERAL PRACTICE FOR**

**SALE:** Don't miss out on this unique chance to own a prosperous general dental practice with strong cash flow. Our motivated seller is offering a fully equipped and wellestablished practice in the peaceful western panhandle area of Nebraska, with 2023 revenue expected to be approximately \$1.2m and an efficient operation. The practice includes 4 operatories in a one-story building that is also available for purchase. The current dentist is eager to sell and transition, making this the ideal moment for you to take over a successful practice with a dedicated patient base. Contact matt.kosciewicz@mcgillhillgroup.com for more information.

at Village is looking to hire an Associate Dentist! Are you a skilled and passionate dentist looking for a new opportunity? We're searching for an Associate Dentist to join our dedicated team! What we offer: Competitive compensation State-of-the-art facilities Supportive team and mentorship Flexible hours Opportunities for professional growth Your role: Provide exceptional dental care Build strong patient relationships Collaborate with a skilled team Stay updated with the latest techniques Requirements: DMD or DDS degree State dental license Strong commitment to patient care Excellent communication skills Benefits: Competitive Compensation and Benefit Package Healthcare Benefits (Medical, Prescription Drugs, Dental and Vision) 401(k)

Savings Plan Offices equipped with the latest dental technology Malpractice Insurance Join our practice, where your expertise and passion for dentistry can flourish! Contact Kimberly Taylor today at 402-421-6611 or email ktaylor@ williamsburgdentalllc.com to apply.

**PRACTICE FOR SALE:** 42-year-old practice for sale in Oakland, Nebraska. The practice is the only dental provider in Burt County (population 7,600) which is located an hour from Omaha and Sioux City. The sale includes a building with three operatories. Contact email: jbbrosnihan@gmail.com or 402-292-7960.

PRACTICE FOR SALE: Practice for sale in an established dental practice located in Lincoln, Nebraska. The office is in the Corporate Centre Office Park on the East side of town. You will enjoy a modern turnkey leased space in a fourstory medical professional office building with two treatment rooms and an expansion potential up to four treatment chairs. My front desk office manager, who has been in the office for 23 years, would be happy to introduce you to your new practice, thus reducing patients from straying way. As mentioned, the practice is turnkey, including furniture, equipment, instruments, and a wonderful model railroad in the reception room that children of all ages love to watch! For further information, please call or text me personally, David S. Wood, DDS, at 402-560-4621 or call the office at 402-486-4646.









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