

# **SDTA 48<sup>th</sup> Annual Conference**

## **Sheraton Cavalier Saskatoon Hotel**

### **April 29-May 1, 2022**

#### **A LITTLE MORE ABOUT OUR PRESENTERS:**

*“I Got 99 Problems, but Pullin' Teeth Ain't One”*

##### **Dr. Nekky Jamal DMD**

This fun extraction lecture will be filled with tips and tricks to help everyone from the novice clinician to the experienced extraction master in us all. Let's go!

Nekky Jamal is a full-time clinician in Lloydminster, Alberta where he has a referral-based practice limited to providing sedation dentistry and third molar extractions. He is the founder of Third Molars Online where he empowers and educates dentists around the world to safely and efficiently tackle surgical extractions and impacted wisdom teeth in their own offices

*“Indigenous Discourse in Oral Health”*

##### **Dr. Shari McKinstry B.Sc.,B.Sc.(Dent.), MPH, DMD**

Wabishki mitadim ojichidaa ikwe / White Horse Warrior Woman, Dr. Sheri McKinstry is Anishinaabekwe from Treaty 1 territory, and proud member of Sagkeeng First Nation in Manitoba. She and her husband of 32 years (married for 27 of those years) raised their four children in Manitoba, where they resided until relocating to Treaty 6 Territory and the Homeland of the Métis in 2020. Although she was a high school dropout and teenaged mother, Dr. McKinstry persisted to complete a Bachelor of Science at the University of Manitoba in 2001; and went on to attain a Bachelor of Science in Dentistry and a Doctor of Dental Medicine in 2005, also from the University of Manitoba. Upon graduation from dental school, she provided dental care in First Nation communities for over a decade until she left to specialize in paediatric dentistry. During this time in the communities, Dr. McKinstry started a Bachelor of Arts in Native Studies/Sociology and obtained a Master of Public Health in 2017, specifically in Indigenous Peoples' Health from the University of Victoria. Here, her area of focus was in Reconciliation and Cultural Safety in Dentistry. In 2020, she completed a Master of Dentistry and the Paediatric Dentistry Residency program at the University of Manitoba, where her research focus was on the oral health experience of First Nations children. She was the first resident in the program to complete her research in Qualitative Health Research.

Currently, she is completing her first year of a PhD program in Community and Population Health Sciences, Department of Community Health and Epidemiology at the University of Saskatchewan and just launched the Indigenous Dental Association of Canada in January of 2022. Dr. McKinstry is an Assistant Professor in the College of Dentistry at the University of Saskatchewan, and a Fellow of the Royal College of Dentists of Canada in paediatric dentistry.

## *“A Tooth Carpenter’s Guide to Long Lasting Restorations”*

### **Dr. Dean Sexsmith DMD**

One dentist’s techniques for making sure your fillings don’t come back. Based on a few scientific papers, 30 years of trial and error, and a philosophy of streamlining procedures.

Dr. Dean Sexsmith has been practicing dentistry for over 20 years. After graduating from the University of Saskatchewan in 1994, he worked in the Canadian Forces a number of years before beginning a career in the private sector.

Private practice from 1999 to present. Licensed in Nova Scotia, Alberta and Saskatchewan. Currently practicing in Westlake Dental in Lloydminster, SK

He opened Westlake Dental in 2004 and has been serving the community of Lloydminster ever since.

Dr. Sexsmith has been trained in implant placement, Invisalign®, and laser dentistry. He has completed his MSc in Laser Dentistry through the University of Aachen, Germany.

One of six Canadians with a Master of Science in Laser Dentistry (2019)

## *“Bouncing Forward from Loss: Resiliency through self-compassion”*

### **John Mitchell RN, RP**

Change is inevitable and, ironically, it is one of the few constants in life. Change may not be pleasant, but it's necessary for growth. The past couple of years have introduced significant change and loss for most of us, changes that may not have been chosen or wanted. Several emotions accompany loss and change - they range in intensity and often conflict with each other. Identifying, understanding, and balancing our emotions helps us to navigate change, learn and grow. This workshop will begin by discussing dynamics of loss and change then progresses towards growing resilience through self compassion to regain balance and bounce forward. The session will utilize the wisdom and passion in the room to discuss concepts, personalize relevance and develop goals and strategies to utilize beyond the workshop.

John Mitchell has been a mental health nurse for over 20 years and has worked in a range of settings and roles. Currently he works with File Hills Qu'Appelle Tribal Council (FHQTC) in Regina and Fort Qu'Appelle respectively and also does private contract work leading workshops and education sessions. John is a therapist with Non-Insured Health Benefits (NIHB) through Indigenous Services Canada (ISC). He is a Master Trainer for Edu Therapy Grief Solutions and utilizes the model in individual therapies as well as grief resolution groups. He is a certified trainer in 3 versions of Mental Health First Aid as well as Applied Suicide Intervention and Skills Training (ASIST) and safeTALK. John has been an RN and RPN since 1999 and completed a MSc in Health Promotion Studies in 2004.

For John’s conference notes [click here](#).