



Natalie Kaweckyj

LDA, RF, CDA, CDPMA, COA, COMSA, CPFDA, CRFDA, MADAA, BA

Natalie Kaweckyj is a licensed dental assistant from Minneapolis and two-time Immediate Past

President of the American Dental Assistants Association. As a busy clinician in public health dentistry and almost thirty years in the profession, Natalie finds time to share her passion for dentistry not only lecturing nationally, but internationally as well in addition to developing continuing education courses and writing articles. She holds a BA in biology and psychology and all six of DANB’s certifications, and is an Executive Moderator for Dental Peeps Network. Natalie believes in making learning fun and uses various approaches to engage her audiences.



Presents

April 23@6PM

1 CE credit for live online CE event

No Charge– all attendees

2 hour State Meeting to follow– All are welcome

Robynn Rixse

CDA, EFDA, MADAA, BS

Ms. Rixse is the Immediate Past President of the ADAA (2019 – 2020).



Currently she is the Practice Manager for Buehler Family Dental, a private practice single dentist office. In 2011, she earned her CDA as well as her EFDA and in 2013, she became an ADAA Fellow. In 2019 she graduated summa cum laude with a Bachelor’s of Science in Healthcare Administration and was inducted into the Alpha Sigma Lambda Honor Society. She also earned her ADAA Mastership in 2019. Since 2013 she has served as the Education chair for the Pennsylvania Dental Assistants Association providing continuing education at the state and local level.

Stress, Anxiety, and Burnout: Oh My!

Course Description

Globally, dental assisting professionals are dealing with pandemic fatigue and burnout as they face the challenges brought about by COVID-19. Now more than ever it is important to bring attention to mental health awareness and remove the stigma that surrounds the issue. Working together to create and share solutions to the issues and situations being faced by so many in the dental assisting profession is imperative.

This course will identify screening tools to recognize symptoms, outline the progression and look at the effect of stress and anxiety both physically and mentally on the individual. Attendees will be invited to offer positive tips to combat burnout and discuss the potential outcome of burnout on the dental assisting profession if the issue goes unaddressed.

Learning Objectives:

After this course you will be able to:

1. Identify screening tools to recognize symptoms in team members.
2. Outline the progression of anxiety and stress leading to burnout.
3. Recognize the effect of stress on different parts of the body oral cavity, endocrine system, cardiovascular system.
4. Provide tips to combat stress, anxiety and burnout.
5. Understand current and future outcomes of burnout on the dental assisting profession.

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Name: _____ Office: _____ ADAA # _____

Address: _____

Phone: _____ Email: _____

I plan to attend: ___ CE course
___ Meeting

R.S.V.P. to PDAA 1005 Henn Ave. Ephrata PA 17522 or email mzimmerman197922@gmail.com by Friday, April 16, 2021