



Deborah Weselake, Calgary, Alberta

Deb has been my dental hygienist for over 15 years now. She takes the time to answer all your questions and concerns. Her skills at scaling are amazing and pain-free. She always does an excellent job of keeping my mouth healthy. Recently, she cleaned my 8-year-old nephew's teeth. He was very nervous at first, but Deb took her time and made him feel safe. He really loved having her clean his teeth. Deb is a caring, thoughtful, and amazing hygienist. She deserves to be nominated as a superhero because she really is one. She's amazing.

I have been a patient of Debbie's since I moved to Calgary over 30 years ago. She was my first and only Hygienist since I moved here. When Debbie changed offices, I tried a new Hygienist closer to my office, but I quickly realize that not all hygienists are the same. I have followed her ever since. When I had my car accident, she went out of her way to make sure I was comfortable. Over the years Debbie has taught me so much about how to take care of my teeth. My visits are so easy because of my hygiene practices that it's more like a social visit. I am normally a very anxious person except when it comes to Debbie; she always shows so much compassion and integrity and she really knows her stuff.

My husband and I have been seeing Debbie for 20 years. She is the most amazing Dental hygienist there is. Very professional, she goes out of her way to make you feel comfortable and has many years of training to know what areas need a little more attention. We have recommended Debbie to our family and friends and have had the same success as we have.

I am nominating Deborah Weselake for Dental Hygienist Superhero. Deborah qualifies for this award. She has worked with me for 10 years plus, so I can speak from experience. CLIENT FOCUS: Deb has consistently engaged me in a kind and informative dialogue. She has invested a great deal of effort in teaching me how I can correct my gingivitis and the long-term benefits of maintaining my health. I can expect Deb to adjust her schedule to accommodate my appointments. EMPOWERMENT THROUGH EDUCATION: Deb has coached me in my oral home care routine. I have learned the value of flossing and how I can leave fluoride toothpaste on my teeth at night. I have had really good results by following her instructions.



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ACCOUNTABILITY: We have tried various pharmacy prescriptions over the years. Deb can evaluate how effective any given treatment has been and advise me to leave off treatment that is not working. **LEADERSHIP:** Deb is a confident professional. She is well-informed and willing to share updated information in an easy conversational way. **INTEGRITY:** We have tried many strategies to control my disease. Deb has assessed results and helped me make further care decisions. I am on a fixed income, and I trust her to help me choose how to spend my oral hygiene budget. **RESPECT:** Deb is always willing to hear me out. I have arrived at our appointments with some pretty misguided ideas, and Deb has been willing to talk through this information with me. She never makes me feel silly. **COMPASSION:** Deb is patient and kind. She has helped me in any way she can. **SUMMARY:** I believe Deborah Weselake deserves this award not just for this year but for every year we have been associated with. She has been a consistent professional. I have had the benefit of being her patient and I appreciate everything she has done for me.

I would like to nominate Debbie Weslake for the CDHA Superhero Competition. Debbie graduated from the University of Manitoba in 1981 and moved to Calgary in 1982. I had the pleasure of meeting her in 1985 when I took a locum for a dentist in Calgary. It was clear even then that Debbie was an engaging person and had excellent hygiene skills early on in her profession. Her solid training as well as her good clinical evaluation of patients developed many years of fine quality care. I worked with Debbie from 1985 through to 1988, where I witnessed her depth of knowledge firsthand. When it came to evaluating patients, her standard of care was second to none. She understood the dynamics of not just periodontal disease but how it relates to the overall treatment plan involving occlusion and jaw-related pathology. She is analytical with her treatment and her treatment plan always involves the patient and their needs. Central to Debbie's care is the education of her patients. This is critical for Debbie to provide them with good solid information so they could be involved in their treatment decisions. Above this, her patients appreciate her honesty and the fact that they feel as though they are involved in the decisions regarding their oral health. Giving patients this sense of agency became a very successful approach to motivating patients. Debbie cares about each patient individually and gets to know their concerns. Her encouragement and support help to guide her patients in their own understanding which is



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the best approach for them in managing their unique dental issues. As well, Debbie gains the respect of her patients with her honest and friendly manner. She is always thoughtful and considerate of their needs and how they are feeling every day when they arrive for their appointment. She shares her great sense of humour, and you will regularly hear laughter coming from her operatory. It should come as no surprise then that her patients always request to see her for their recalls. Her high level of patient retention is clearly due to her caring mannerisms coupled with sound education as her patients understand the need to be diligent in their return visits. For a few years, Debbie worked for periodontists due to her excellent skills however her love of general practice decided her future. She has worked for over 30 years at one practice. She played a critical in the sale of this practice and the transition to a new owner. Her retention of the patients made it a smooth change and the goodwill of her hygiene department was an integral part of it. Debbie takes her patient care seriously and clearly, wants to maintain the rapport built within the practice in the past. The trust her patients had for her led to a good relationship with the new dentist through Debbie's guidance.



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