

SODC INSIDER

The HARP
Advantage:
Transform Your
Skills in 8-Weeks

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THE ROOT OF THE MATTER: RADO1/RADO2: RADIOLOGY FOR DENTAL AUXILIARY FOR HARP QUALIFICATION: THEORY & PRACTICAL

The HARP program (Healing Arts Radiation Protection) gives dental assistants and other dental professionals the essential training and certification required to safely and legally take dental X-rays in Ontario. Participants learn the fundamentals of radiation safety, proper use of radiographic equipment, patient positioning, image capture, and provincial regulations. This certification not only expands your clinical skills but also increases your employability and confidence in performing one of the most important duties in dental practice.

Additional Benefits

- **Enhances your clinical versatility**, allowing you to take on more responsibilities chairside.
- **Improves your value to employers**, making you a stronger candidate for full-time or higher-paying positions.
- **Boosts patient trust**, as you'll be trained to provide safe, comfortable, and accurate radiographic care.
- **Strengthens your understanding of diagnosis**, helping you better support dentists and treatment planning.
- **Opens a pathway to further learning**, by inspiring ongoing learning and the pursuit of opportunities to enhance your dental skills through programs such as Dental Assistant - Level I and II, Dental Hygiene, Restorative Dental Hygiene, and Supplemental Course in Orthodontic Procedures.



Beyond the OP

Q: How does a properly trained, HARP-certified dental professional improve clinical workflow or efficiency?

A: Someone who understands HARP and has received proper training can effectively protect each client from overexposure to the harmful effects of radiation. This awareness and training help ensure radiation exposure is kept to a minimum, reducing potential negative effects. With well-trained personnel, procedures can be performed efficiently and accurately every time, minimizing retakes and eliminating unnecessary time waste.

Q: How can newly HARP-trained dental professionals make the most of their radiography training once they enter the workforce?

A: Proper training in radiography is both important and highly beneficial. A well-trained assistant can not only obtain all necessary X-rays but also prepare essential steps and procedures, such as initiating cephalometric and panoramic analyses, which are critical for clinicians. Accurately plotting key points and tracing anatomical landmarks and angles on X-rays saves significant time for both clinicians and patients. This efficiency supports the DDS in their diagnosis, effective treatment planning, and timely intervention. Early treatment is of utmost importance when managing any disease process.

Q: Why is it important for all dental professionals to understand the regulations behind radiation protection?

A: Understanding regulations also means understanding both the safety measures and the potential harmful effects of radiation. Radiation has cumulative effects, and when it is properly respected and managed, the benefits to clients are substantial. High-quality diagnostic radiographs allow clinicians to clearly visualize structures that would otherwise be missed, leading to more accurate and precise clinical diagnoses. As the saying goes, "You can't treat what you can't see."

However, if radiation is ignored or misused, it can be harmful at the molecular level, potentially causing mutations that may eventually lead to cancers in various tissues.

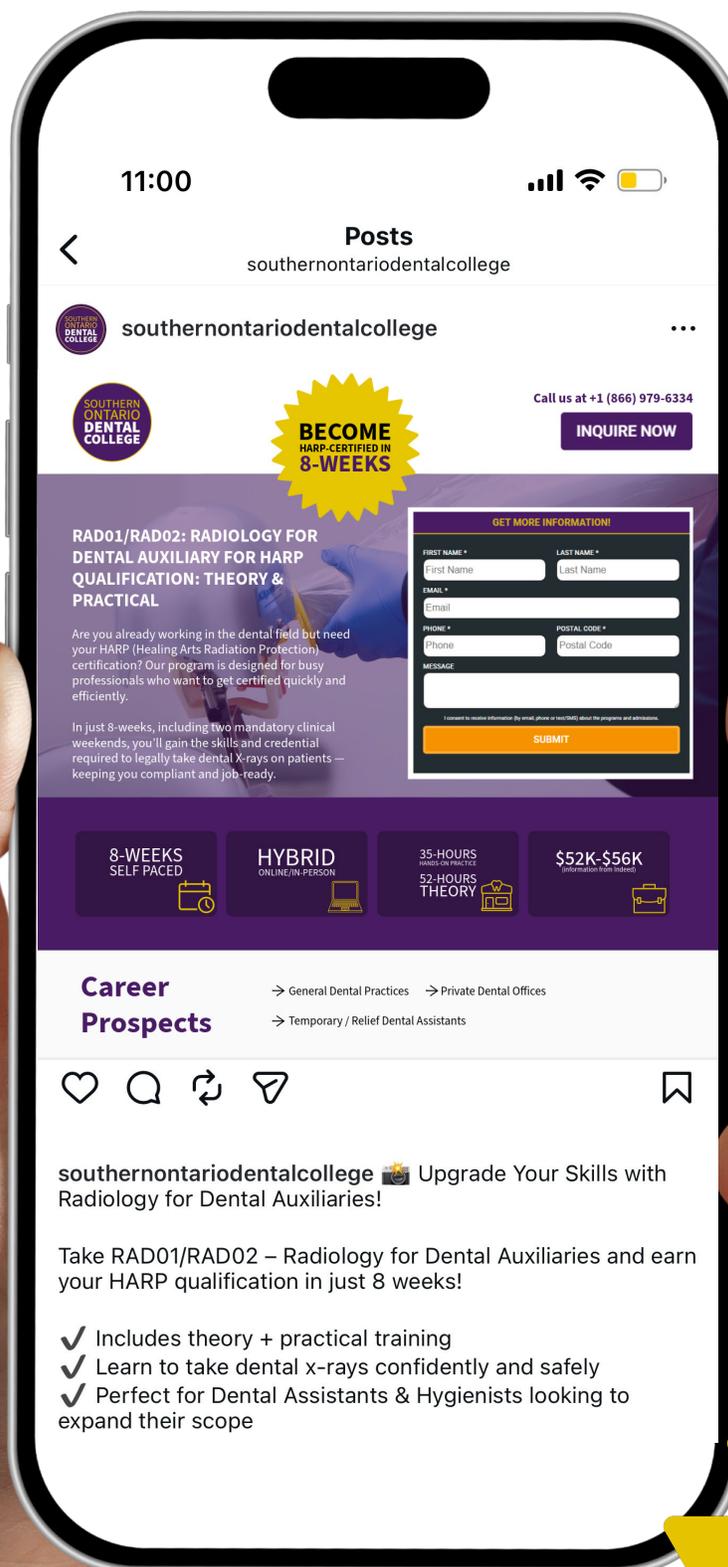
Dr. Roland P. Estrabillo, DDS
Dean and President



Interested in our HARP Program?



Connect with us!



**OUR NEXT INTAKE IS
FEB. 3. 2026
LIMITED SPOTS
AVAILABLE!**

STUDY TIP OF THE MONTH

Active learning encourages you to "do things and think about what you are doing."

Assess/Diagnose – Where am I lacking in my learning? Have I missed a concept or a definition somewhere along the line? What, in my learning, am I struggling with? By regularly self-assessing your understanding of taught concepts and material you may be able to focus in on what areas you need to review or seek extra help for. Assessing whether you are taking care of yourself and getting adequate sleep and rest may also be impacting your learning. Take some time to check-in with yourself. Once you have assessed, you can identify where the potential deficits are and once the problems are identified you can...

Plan - Plan for your success with studying. Getting organized and setting clear and achievable goals (maybe daily or weekly) will help you stay to task and create accountability for yourself. Putting together a schedule with a routine of fixed study times and break times can be effective towards staying on track. This will also help with overall productivity because it will give you breaks from mental fatigue and likely help you to better retain information.

Implement – Once you have a plan, implement. Do the work. Choose the right environment where your studying is most effective. If you like to people watch (who doesn't), maybe Starbucks is not the most ideal place. If you like to listen to music while studying, having a playlist with all your favourite songs where you know all the lyrics is too distracting as you sing along. Instead, maybe opting for instrumental music may be the better option. Limit your distractions. You've worked hard to be here and have had to make various sacrifices - give yourself the space you need to enhance your focus and concentration to succeed.

Evaluate – How did your learning process go? What strategies worked well for you? Can you answer a question without referring to your notes? Can you explain a concept to a peer succinctly and without difficulty? Compare the outcomes to the initial goals you set originally. Another way to evaluate effective studying is to use achieved grades from exams, tests, assignments, and clinic competencies as objective data points. Using instructor feedback and comments can also provide an effective check point in your learning.

My last tip for you is to take care of yourself. In all of learning, remember that you are not just a student. You are a whole bunch of other things. You may be a parent, you are a son or daughter, you may be awesome at Lego, an incredible cook, or savvy with technology. This program is only part of who you are. Remember to take some time to eat well, go for a walk, play with your children, go out with a friend, and take time to rest.

Andrea J. B.Sc. RDH
Dental Hygiene Theory & Clinical Instructor

EVENTS AT SODC

JANUARY 1 - HAPPY NEW YEAR

JANUARY 18 - COLLEGE TOUR RSVP

JANUARY 18 - HANDS-ON CHAIRSIDE WORKSHOP

JANUARY 29 - GRADUATION DAY COHORT 29 & 30 AND DA 9



★ **Your Feedback Matters** ★

If you had a positive experience at Southern Ontario Dental College, please consider leaving a Google review. It helps us improve and reach more future professionals.