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# British Dental Nurses' JOURNAL®

The Journal of the British Association of Dental Nurses



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# BADN EXECUTIVE COMMITTEE



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**Front Cover:** Retired dental nurse and BADN Honorary Life Member Eithel Lote, who was Association President in 1980 and who will be 103 years old in November, with her BADN 80<sup>th</sup> Anniversary commemorative brooch.

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## Welcome from your association

You will be aware that in May 2023, the BADN President, who took up the role in November 2022, stepped down. The BADN Executive Committee fully supported this decision; and the duties of the President are, until the 2023 AGM, being carried out by members of the Executive Committee and the Panel of Representatives, assisted by the BADN staff. Current Chairman Joan Hatchard will be taking on the role of Honorary President from the 2023 Annual General Meeting for the remainder of the vacated 2022-24 Presidential term (i.e. until the 2024 AGM).



"We felt it would not be fair to ask whoever is elected President for the 2024-26 term of office to take on the role of President a year early, without the benefit of their year as President-elect," said BADN Immediate Past President Jacqui Elsdon. "We are very grateful to Joan for agreeing to take on the role of Honorary President for the year 2023-2024."

Joan gained her National Certificate in 1988 and went on to gain post-qualification certificates in Oral Health Education, Radiography, and Conscious Sedation, becoming the practice manager of two busy private general dental practices. Joan started teaching the National Certificate course in 1989. She also gained the FAETC and the Certificate in Education (FE) and holds the City and Guilds Licentiate in Dental Nursing.

Joan was an examiner for a number of years on the NEBDN Panel of Examiners for the National Diploma and the Certificate in Oral Health Education. She has held positions on BADN Council, first as the Chair of BADN Practice Managers' and Receptionists' National Group, and then as Finance Officer. More recently, she has been a member of the BADN Executive Committee, as Treasurer and then Chairman. Joan is a BADN Fellow and received the 2013 BADN Award for Outstanding Contribution to Dental Nursing.

# Introducing the Janet Goodwin Educational Grant

The UK's professional association for dental nurses, the British Association of Dental Nurses (BADN) and the Oral Health Foundation (OHF) are very excited to introduce the Janet Goodwin Educational Grant, a financial award, to help dental nurses achieve their full potential, through education and dental qualifications.



**Oral Health Foundation**  
Better oral health for all

Student dental nurses who are funding their dental nursing examinations themselves can apply for the bursary to help cover course and examination fees – up to £500\*. Registered Dental Nurses wishing to further their dental nursing careers by taking extended

duties courses, but who are being held back financially may also apply for the grant. Courses include:

- Oral health education
- Dental radiography
- Dental implant nursing
- Orthodontic dental nursing
- Dental sedation nursing
- Fluoride varnish application
- Special care dental nursing
- Impression taking

As a bonus, the successful applicants will each receive a signed copy of *Tits Up* – a wonderful and insightful book by Carol Paterson, a friend of Janet's who organised the Blackpool dental days for the homeless and those in recovery with her, about her journey through breast cancer – the disease that ultimately took Janet Goodwin's life.



Visit [www.dentalhealth.org/janetgoodwingrant](http://www.dentalhealth.org/janetgoodwingrant) to find out more about the grant, the criteria, and to complete the application form.

Applications close on 17 August 2023.

## The legacy of Janet Goodwin, dental nurse, and oral health champion

Janet Goodwin, former President of the Oral Health Foundation, pioneering dental nurse and long-time BADN member, tragically passed away from breast cancer in 2020. Janet is sorely missed by all who knew her - not just as a highly respected colleague but also a much-loved friend. In almost 50 years in the dental profession, we would like to take a few moments to celebrate Janet's achievements in dentistry and introduce those of you who may not have had the pleasure of knowing or working with Janet over her career.

Janet began working in dentistry as a dental nurse in 1971, and worked in general practice, community, dental hospitals, and further education. An influential figure within oral health, Janet held roles at Leeds Dental Hospital, The National Examining Board for Dental Nurses and the General Dental Council.

As well as her work with the Oral Health Foundation, Janet was a member of several oral health bodies. She carried out management and educational projects on an independent basis with various organisations including the Faculty of General Dental Practice, where she was Chair of the DCP committee, City & Guilds as Chief Examiner, and Dental Team Qualification in the development and delivery of DCP programmes.

"Janet was a very active member of BADN" said Pam Swain, BADN Chief Exec, who was also a close friend of Janet's, "and was very proud of the fact that she had a four digit membership number... which means that she had been a member since the late 70s. She always attended Conference and the BADN AGM and actively promoted membership to her colleagues and students. As only the second dental nurse to chair the NEBDN, education and training were always close to Janet's heart. Janet also helped organise the "All I Want for Christmas" dental days in Blackpool which offered free dental treatment to those in recovery and the homeless."

In 2015, Janet became the very first dental nurse to be elected President of the Oral Health Foundation in the charity's 52-year history, becoming a real voice for dental nurses all over the country. From the minute she became President she was already breaking barriers. Janet brought a unique and vibrant personality which was what also allowed her to bring talented fresh faces to the Board of Trustees.

Dr Nigel Carter OBE, Chief Executive of the Oral Health Foundation believes that Janet was true ambassador for oral health, and she leaves behind a lasting legacy for the dental health of the nation and was a stalwart supporter of all dental nurses. Dr Carter says: "Janet is sorely



missed by many, including myself. She was not only a highly respected colleague but also a much-loved friend."

Dr Ben Atkins, Trustee of the Oral Health Foundation, adds: "Janet was such a wonderful person to be around and was always there to support me. She always spoke with positivity and kind words, and a balance of frank talking which I truly respected."

Karen Coates RDN, Cert OHE and oral health content specialist at the Oral Health Foundation says: "These educational grants are being made available by kind donations from Janet Goodwin's many friends and colleagues, and we know that this is something that Janet would be so proud of. Encouraging dental nurses to seek education and relevant dental qualifications to enhance their dental careers, was always very high on Janet's agenda, so these educational bursaries in her name, seemed to be the most appropriate use of these funds."

Everybody at the Oral Health Foundation and British Association of Dental Nurses are very proud to continue Janet's legacy by offering educational grants to dental nurses to help them achieve their dreams and furthering their careers.

# Orotol Plus

Daily savings add up to long term economies



**Orotol Plus is  
much cheaper  
when you  
compare yields**

**(43p/treatment compared  
to 95p/treatment for  
standard Orotol).**

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# Former BADN Chairman Dr Debbie Reed appointed to CGDent Council

The College of General Dentistry (CGDent) has announced changes to the membership of its Council, with four members newly appointed and two re-elected. Former BADN Chairman and long time BADN member Dr Debbie Reed, a dental nurse for almost 40 years, has been appointed to represent dental nurses.

Debbie, a Fellow of the College, is a Reader and Director of Advanced and Specialist Healthcare in Global and Lifelong Learning at the University of Kent, was Head of the University of Kent's Centre for Professional Practice for eight years, Head of Digital and Lifelong Learning for nine, developed and runs its MSc in Advanced and Specialist Healthcare, and previously had a 23-year career in the Royal Navy. An Affiliate Member of the FGDP from 2008 until its transfer into the College, she was Chair of the Dental Nursing and Orthodontic Therapy Working Group for the Career Pathways Programme which developed the College's Professional Framework for Career Pathways in Dentistry, and was Vice Chair, now Chair, of the inaugural board of the College's Faculty of Dental Nursing and Orthodontic Therapy. She is a peer reviewer for the British Dental Journal and the Annual Clinical Journal For Dental Health, is on the Editorial Board of the Advanced Journal of Professional Practice, and was a contributor to An introduction to clinical research for health and social care professionals. Her qualifications include a Doctorate in Education, an MSc in Human Resources Management, the FGDP(UK) Certificate in Dental Practice Appraisal, and a BA in Post Compulsory Education, and she is a Fellow of the Higher Education Academy and Honorary Vice President of the British Society for Dental Hygiene and

Therapy. In 2020 she received the BADN Outstanding Contribution to Dental Nursing Award, and in 2021 she received the inaugural FGDP(UK) Janet Goodwin Award.

Louise Belfield Assoc. FCGDent, the previous representative for dental nursing and orthodontic therapy, has stepped down from the Council to focus on her new post as Academic Head of Assessment at Brunel Medical School.

BADN Chairman Joan Hatchard said: "We are delighted that Debbie has been appointed to the College Council to represent dental nursing. She is a shining example of how much a dental nurse can achieve and a staunch supporter of dental nurses and dental nursing. BADN, the UK's professional association for dental nurses, looks forward to working with Debbie and the College, supporting and developing the dental nursing profession."



## BASCD's Position statement on Community Water Fluoridation

We have launched our Position statement on Community Water Fluoridation (2023 1st edition). The position statement considers the evidence for community water fluoridation in the prevention of dental caries and discusses the implementation of and support for water fluoridation schemes in the UK and abroad.



Charlotte Jeavons, BASCD Lead for Oral Health Improvement, said: "We at BASCD strongly support community water fluoridation as a safe, equitable and effective intervention, which should be implemented on a universal basis to reduce the prevalence and severity of tooth decay and reduce oral health inequalities."

The statement asserts that community water fluoridation should be seen as a key element in a multi-component contemporary approach to tooth decay prevention and urge the implementation of community water fluoridation schemes to reduce the burden of this preventable disease. We hope you find this resource useful in supporting and advocating awareness and policy development relating to community water fluoridation. Please share onwards with colleagues across dental teams and the wider dental/public health workforce.

We would like to sign post you to the link below where you can find the position statement on the website (along with other statements) and hope that you support and facilitate BASCD in recognising the benefits of CWF in addressing the prevention of dental caries.

Jessica Holloway, Specialty Trainee in Dental Public Health, said: "There is a huge amount of research and evidence that highlights the benefits of Community Water Fluoridation. BASCD have produced a comprehensive evidence-based statement providing practical recommendations for policy makers to drive change".

### References

- BASCD's Position statement on Community Water Fluoridation <https://www.bascd.org/wp-content/uploads/2023/06/Water-Fluoride-Statement-02.06.2023.pdf>
- News Item BASCD website <https://www.bascd.org/bascd-2023-statement-on-community-water-fluoridation-is-launched/>

# BADN Chief Exec Pam Swain named in Dentistry's Top 50

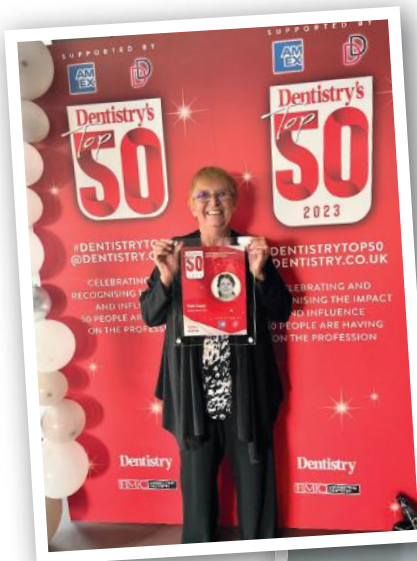
Dentistry has revealed its Top 50 for 2023, which included BADN Chief Executive Pam Swain. The magazine's publisher, FMC, describes its Top 50 as 'a list with a difference – in that it is chosen by us – but with its principles intact. The Dentistry Top 50 is about finding those who are driving dentistry forward, and sharing their successes with the dental community at large.'



Pam is no stranger to such accolades, having made the Dentistry Top 50 list on multiple occasions. She was awarded the Outstanding Achievement Award 2012 at The Dental Awards; and the Outstanding Contribution to Dental Nursing 2012 Award. She completed 30 years with BADN in August 2022.

Although Pam was unable to attend the presentation event at the Park Plaza Riverside on 22 June, BADN Chairman Joan Hatchard attended on her behalf.

"I am hugely honoured to be included in the Top 50 list" said Pam. "The fact that BADN member Preetee Hylton was also included in the list shows the far reaching influence of BADN, the UK's professional association for dental nurses."



Joan Hatchard, collecting the award on Pam's behalf



Preetee Hylton with her award

## Mum's toothpaste is friendly, like Unicorns

– Elijah, aged 7.

**NEW!**  
Pure Toothpaste

Recyclable tube

TePe Pure is the natural toothpaste choice for sensitive gums and dry mouth.

- No colours or preservatives
- SLS free
- No foaming agents

Choose the one that suits you, either just a hint of peppermint or no added flavour. Vegan formula developed in Sweden, with fluoride for fresh and healthy teeth, the gentle way.

Available from dental wholesalers. Find out more at [tepe.com](https://tepe.com)

AD73DUK

# HEIW Students enrolled as BADN Student Members

Here are some of the students on Health Education and Improvement Wales' new dental nursing course. All student DNs on the course have been enrolled as BADN Student Members by HEIW.

If you are a training provider who would like to enrol your students as BADN Student Members, please contact Pam Swain at [pam@badn.org.uk](mailto:pam@badn.org.uk) for more details.

Health Education Improvement Wales (HEIW) is dedicated to transforming the workforce for a healthier Wales. It is a special health authority within NHS Wales and sits alongside health boards and trusts. It has a leading role in the education, training, development and shaping of the workforce in Wales, in order to ensure high-quality care for the people of Wales. One of the workstreams which is high on the agenda is workforce planning, addressing the recruitment and retention issue within dentistry and particularly dental nurses. As part of the response, one aspect has been to commission a dental nurse training programme, working in partnership with the NEBDN to run a dental nursing diploma



course. 14 students are currently undertaking their induction programme, with the full NEBDN diploma course commencing in September. A comprehensive study programme is planned in line with the NEBDN syllabus, with students taking their final exams in late 2024 and early 2025.

## EXAMINATION SUCCESS FOR {my}dentist DENTAL NURSES!

*Written by Hannah Grieves – Dental Nurse Development Manager {my}dentist Academy*

Europe's largest dental care provider, {my}dentist, are excited to announce that 232 of our Student Dental Nurses passed their National Diploma in Dental Nursing, a 90% pass rate, and our biggest cohort to date! After taking the decision to move our Student Dental Nurse training in house in 2017, our programme has gone from strength to strength. Over the 6 years it

has been successfully running, we have seen over 1400 Students gain their qualification and register with the GDC.

We are extremely proud of each and every one of our Dental Nurses and would like to wish them a huge congratulations!



# Calling all Orthodontic Dental Nurses...

This summer sees the launch of the newest of the Delta Awards courses – the Level 3 Certificate in Orthodontic Nursing Practice.

This programme has a fantastic content and is achievable no matter where you work of how many orthodontic patients you have.

Continuing with their mission to provide access to training for all dental nurses in all sectors, this course accompanies their existing programme – Level 3 Certificate in Initial Orthodontic Assessment and Clinical Records – to provide great opportunities for dental nurses in an orthodontic environment.

The Certificate in Orthodontic Nursing Practice covers modern and current orthodontic treatments including aligners, cephalometric digitisation and intra oral scanning, but also has options for those who continue to work with removeable appliances, impression materials and manual ceph tracing. Dental surgeries do not move at the same speed with regard to adopting new techniques and practices and Delta Awards acknowledges this in their course provision to ensure training is accessible to all. The syllabus contains the orthodontic theory you would expect and variations in practice for those dental nurses in smaller, quieter orthodontic environments while not limiting those in larger, specialised practices. The associated Workplace Portfolio requires the dental nurse to provide evidence of their competency in assisting with fixed appliances, aligners and retainers, with options for additional evidence in banding and removable appliance provision if required. Students will also undertake practical units as standard in impression taking and/or intra oral scanning and clinical photography to enable them to be more involved in the treatment planning of their patients – a valuable skill for both the dental nurse and the practice.

Assessment of the course is via the workplace portfolio, a case study based on the oral health needs of the orthodontic patient and a written exam. Written exams are provided four times a year via real time remote



invigilation and are bookable once the course theory is complete which removes the barrier created by the reliance on patient attendance and access to treatments. Students can continue with the acquisition of practical evidence after their exam has been done. This approach to learning and development has already demonstrated huge advantages across all Delta Awards subjects.

### Who are Delta Awards?

Delta Awards is an awarding organisation created in 2020 by dental care professionals for dental care professionals with the aim to provide training opportunities for ALL dental nurses no matter which sector they work in. To date, Delta Awards has certified over 100 dental nurses in 6 different subject areas and continues to grow with their commitment to creating and awarding quality assured, current and modern courses to meet the demands of the profession.

### How to access Delta Awards courses

Training providers can apply for centre approval via the website [www.deltaawards.uk](http://www.deltaawards.uk). This is a quick and easy process – course provision can be achieved in just 4 weeks. External quality processes are simple and straightforward and the Delta Awards examination team is always on hand to assist with any queries there may be.

Dental nurses wishing to undertake any of the courses offered will need to locate a training provider, please contact us on [hello@deltaawards.uk](mailto:hello@deltaawards.uk) for more information.

### About the author

Cherry Ali

Examinations Officer

Delta Awards

[www.deltaawards.uk](http://www.deltaawards.uk)



# Calling dental nurses working in orthodontics

The Orthodontic National Group (ONG) is a specialist organisation primarily for dental nurses working in orthodontics and all orthodontic therapists and is affiliated to the British Orthodontic Society (BOS). It supports this set of DCP's working throughout the British Isles, in both primary and secondary care.

The group also offers membership to practice managers and treatment co-ordinators.

ONG provides learning and education together with workplace advice and support. The online membership entitles the individual to ProDental for all core CPD as well as access to a host of beneficial webinars covering many useful topics. Membership entitles reduced registration rates for ONG, BOS and BADN study days and other events, and permits access to the BOS VLE. Furthermore the group provides 3 or 4 e-journals per year and there is access to Delta Dental training with the membership. ONG has linked up with Prosperity Finance Services where members can get in touch to discuss various protection and critical illness plans.

The Group comprises of 10 committee members, to include Chair, President, Social media officer, Finance officer, Sponsorship officer, Admin secretary and nurse and therapist representatives. The committee meet 4 or 5 times a year to discuss a range of ONG businesses and plan learning events to include a full programme at the British Orthodontic Conference (BOC). Currently there are 2 vacancies within the committee.

ONG is represented at many stakeholder meetings such as the General Dental Council (GDC) and the Royal College of Surgeons (RCS) England and Edinburgh.



The group provides an annual spring study day and a full day of educational lectures at the annual British Orthodontic Conference, plus at least one evening webinar a year, ensuring a minimum of 14 hours of eCPD in one year!

The group is active on social media and is currently updating the website and logo. In September 2024 ONG will be celebrating their 30th anniversary!

## ORTHODONTIC NATIONAL GROUP



Formally Invites You To A Webinar With  
Dr Zahid Khan Specialist in Oral Medicine.  
Thursday 16/11/23 at 7pm

## AN ORAL CANCER UPDATE

**Aim : To give an update of oral cancer**

### Objectives of the webinar:

- ▶ To improve understanding of variations in signs and symptoms of oral cancer
- ▶ To increase awareness of the risk factors for oral cancer
- ▶ How to refer patients with suspicions for oral malignancy
- ▶ To understand the team approach in patients diagnosed with oral cancer
- ▶ To give an overview of potentially malignant disorders



ONG/BADN Members £25.00

Non Members £30.00

Booking will open soon [www.orthodontic-ong.org](http://www.orthodontic-ong.org) check our social media pages for updates



# Professionalism for dental nurses



Initial dental nurse training includes (hopefully!) information on professional standards, ethics, registration and the nine GDC principles.

For example, Module 1 of the NEBDN syllabus:

Module 1: Professionalism and the Role of the Dental Nurse

AIM: To discuss the roles and responsibilities of a dental nurse including their professional responsibility and to enable dental nurses to understand the importance of adhering to professional, ethical, legislative and local policies relevant to working within the dental setting

Examples included in the syllabus:

- The attributes of professional attitudes and behaviour in all environments and media
- Acting with integrity and upholding personal and professional values
- Putting patients' interests first and act to protect them
- Relevant psychological and sociological aspects of health, illness, behavioural change and disease
- The need to raise concerns and enable others to do so as appropriate, about personal health; the health, behaviour or professional performance of others, and when to take action locally and to involve the GDC

...and other awarding bodies should have similar modules in their own syllabuses.

The GDC's Standards for the Dental Team – available on the GDC website [www.gdc-uk.org](http://www.gdc-uk.org) – lists nine overall principles:

1. Put patients' interests first
2. Communicate effectively with patients
3. Obtain valid consent
4. Maintain and protect patients' information
5. Have a clear and effective complaints procedure
6. Work with colleagues in a way that is in patients' best interests
7. Maintain, develop and work within your professional knowledge and skills
8. Raise concerns if patients are at risk
9. Make sure your personal behaviour maintains patients' confidence in you and the dental profession.

So, how do we use our experience when mentoring new team members and maintain personal professionalism throughout our dental nursing careers?

The GDC recommend that all registrants complete CPD in the following topics:

- legal and ethical issues
- complaints handling
- safeguarding children and young people
- safeguarding vulnerable adults.

Education/training in professionalism can come under many headings, which can be added to your Personal Development Plan.

There are many webinars or online courses available to dental nurses on the topic from a variety of websites, either fee paying or free of charge.

So, once you are qualified and registered, does professionalism end when you remove your uniform at the end of a working day? No – because the GDC requires you to conduct yourself, both at and out of the workplace, in such a manner as maintains the public's confidence in the dental profession. You can appear before a GDC Fitness to Practise hearing for both professional and personal misconduct.

And employers have a responsibility too – to make sure that they only employ "fit and proper" staff. The Health and Social Care Act 2008 (Regulated Activities Regulations 2014: Regulation 19 states:

"The intention of this regulation is to make sure that providers only employ 'fit and proper' staff who are able to provide care and treatment appropriate to their role and to enable them to provide the regulated activity. To meet this regulation, providers must operate robust recruitment procedures, including undertaking any relevant checks. They must have a procedure for ongoing monitoring of staff to make sure they remain able to meet the requirements, and they must have appropriate arrangements in place to deal with staff who are no longer fit to carry out the duties required of them.

Employing unfit people, or continuing to allow unfit people to stay in a role, may lead CQC to question the fitness of a provider.

If CQC considers that a breach of this regulation is also a breach of another regulation(s) that carries offence clauses, then we can move directly to prosecution without serving a Warning Notice. For example, in situations where the care and treatment is provided without the consent of a person using the service or someone lawfully acting on their behalf, and where it is unsafe, does not meet the person's nutritional needs, results in abuse, or puts the person at risk of abuse."

As a former GDC Chief Exec once said at a BADN Conference: "Professionalism is doing the right thing – even if nobody is looking!"

# Inaugural Dental Care Professional Networking Group

We are working on creating a pilot dental professional network (DCP Network) group that will be coming very soon in the East Midlands. The purpose of this exciting new project will be to bring dental care professionals (Dental therapists, dental hygienists, dental technicians, dental nurses, dental practice managers, and administrators/receptionists) together in a safe and supportive environment. Ideas can be shared, and information can be gathered with the purpose of helping to improve dental care and support for dental professionals in our local areas. You will be able to have a say in and share new developments coming from the NHS leadership (Integrated care boards- ICBs, local dental networks- LDNs and managed clinical networks- MCNs). You can help share information with practices, promote the inclusion of all Dental Care Professionals in leadership, and help to shape the future of dentistry.

This will be a pilot with the endeavour to branch wider. The idea is that we will be flexible and innovative and will be looking for new and fresh ideas.



We will be searching for two enthusiastic and dedicated people, working as a team, to act as interim co-chairs, supported by leadership fellows and the LDN, to create and develop the network group from the ground up. The time commitment will be flexible with a need for preparation for and attendance at meetings shared by the two co-chairs. The roles will initially be open to all dental care professionals.

If you believe you have the vision to lead the way into the future, and work in an NHS role then please look out for the job advertisement in the summer advertised through our dental associations and local dental newsletters.

Please follow one of these links to express your interest:

<https://forms.office.com/e/bDhQDSZabD>



## Den-Tech



## Join our team

### DT TRUSTEE

The people who share ultimate responsibility for governing the charity and directing how it is managed and run.

Closing date for applications for trustee roles is 15th June 2023.  
For more details or to apply email [andrea.johnson@den-tech.org](mailto:andrea.johnson@den-tech.org)

### DT COMMITTEE MEMBER

Responsible for the effective running of the charity, making decisions regarding the management of the charity in order to achieve its aims

For more details or to apply email [enquiries@den-tech.org](mailto:enquiries@den-tech.org)

### DT VOLUNTEER

A person who volunteers their time, skills and resources to provide dental care and services to individuals or communities in need, who cannot afford or have limited access to such services.

For more details or to apply email [enquiries@den-tech.org](mailto:enquiries@den-tech.org)

# Brush up on CPD



**H**ello and welcome to Brush up on CPD. This program, produced by Purple Media Solutions, provides you with clinical features from which you can claim up to two hours of Continuing Professional Development (CPD), a mandatory part of registration with the General Dental Council. Each article offers an hour verifiable CPD on subjects.

## Articles in this issue:

|                                    |         |
|------------------------------------|---------|
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| The perils of perio                | 16 - 17 |
| Q&A                                | 13      |

**B**rush Up on CPD appears in *The Probe* throughout the year. All certificates are issued online. Readers must be registered with [www.the-probe.co.uk](http://www.the-probe.co.uk) in order to gain access to the CPD questions and multiple choice answers. Once you have logged in, click on 'Brush Up' to see the question and answer options. When you have submitted the correct answers for both articles, you will be able to print out your two hours' verified CPD certificate.

To answer the questions below, visit [www.the-probe.co.uk](http://www.the-probe.co.uk) and log in.

Click on the 'CPD - Brush Up' tab.

The questions for this Brush Up will appear under 'Brush Up – BDNJ Summer 2023

#### CPD questions – A holistic approach to dental care

##### 1. Which philosophies does holistic dentistry centre around?

- a) Prevention of mental and physical health issues
- b) Elimination of toxins
- c) Balanced nutrition
- d) All of the above

##### 2. How much is the market for natural beauty and healthcare solutions estimated to be worth?

- a) \$5 billion
- b) \$7 billion
- c) \$10 billion
- d) \$19 billion

##### 3. Which of the following would be considered within a holistic dental care plan?

- a) Preventive therapies
- b) Avoidance of toxic materials
- c) Hypnosis
- d) All of the above

##### 4. Which proven antimicrobial substance is naturally derived from bitter oranges?

- a) CHX
- b) Citrox®
- c) Xylitol
- d) None of the above

##### 5. What is the main benefit of the combined CHX/Citrox® formula discussed in the article?

- a) Pleasant taste
- b) Enhanced antimicrobial efficacy
- c) Accessible
- d) Looks good

##### 6. Citrox® can reduce viral load of Covid-19 by how much following a single use?

- a) 17%
- b) 51%
- c) 61%
- d) 71%

#### CPD questions – The perils of perio

##### 1. What per cent of the UK population are believed to experience irreversible periodontitis?

- a) 10%
- b) 30%
- c) 50%
- d) 90%

##### 2. What is the relationship between diabetes and periodontitis?

- a) There is no link
- b) Diabetes increases the risk of periodontitis
- c) Periodontitis increases the risk of diabetes
- d) There is a bi-directional relationship between diabetes and periodontitis

##### 3. Which other systemic health conditions are associated with periodontal disease?

- a) Cardiovascular disease
- b) Respiratory problems
- c) Musculoskeletal issues
- d) All of the above

##### 4. Which poor pregnancy-related outcomes have been linked to maternal periodontal disease?

- a) Just low birth weight
- b) Low birth weight and preterm birth
- c) CVD in the child
- d) None of the above

##### 5. According to the article, which lifestyle choices are risk factors for periodontitis?

- a) Diet, smoking and alcohol consumption
- b) Type of toothbrush
- c) Frequency of exercise
- d) Water consumption

##### 6. Poor oral hygiene practises increase risk of periodontitis by how many times?

- a) 1-2
- b) 2-3
- c) 2-5
- d) 4

**CURAPROX**



SWISS PREMIUM ORAL CARE

# A holistic approach to dental care

## Learning objectives

- To review the benefits of holistic dentistry
- To consider some of the ways in which a holistic approach can be applied in practice
- To learn more about the natural ingredients used in modern antimicrobial solutions

GDC Development Outcome: C

The concept of holistic dental care is not a new one, but it has been growing in popularity over the past decade or so. Sometimes referred to as biologic dentistry, it follows the concept that dental care should be delivered with consideration for the entire body and it promotes a preventive approach. Alternative medicines and therapies may accompany more traditional dental procedures and oral hygiene products in order to deliver a more natural, non-toxic and biocompatible treatment pathway.<sup>i</sup>

## Benefits of holistic dental care

Holistic healthcare philosophies promote health and wellbeing through the prevention of physical and mental ailments, elimination of toxins, and promotion of balanced nutrition.<sup>ii</sup> There are several benefits to be utilised when choosing such an approach to healthcare. For a start, the concept is rooted in the need to treat the underlying cause of any issues, rather than simply covering symptoms. It does so in a way that aims to improve several general wellbeing aspects for the patient as well – for instance, through improved diet or an increase in water consumption. There are also advantages to using only the most biocompatible and nature-based substances during dental treatment.<sup>iii</sup> This minimises the need for any potentially toxic materials in the mouth and promotes long-term safety of any procedures offered.

A growing number of patients are becoming interested in a holistic approach to healthcare whether they realise it or not. For example, more individuals are thinking about what they put in, and on, their

bodies than ever before, opting for more natural ingredients wherever possible. This has created a trend for natural and more sustainable solutions across a number of industries. In fact, natural solutions are estimated to be worth more than \$19 billion in the health and beauty sector.<sup>iv</sup> This is likely to grow in the coming years and dental teams should be prepared to meet patient expectations in this area.

## What might be considered holistic care options?

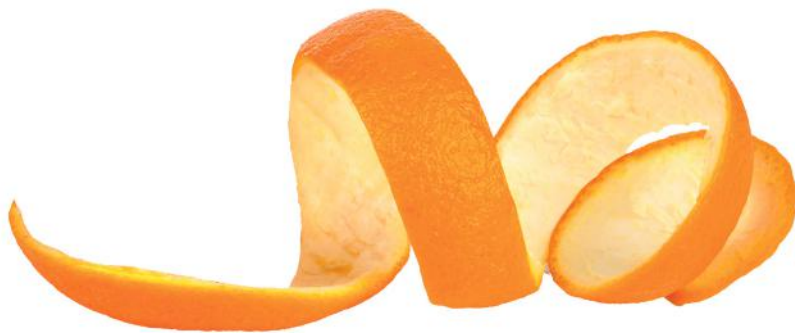
The essence of holistic dentistry means there is no end to how one might implement it in practice. Any option that takes a conservative approach and utilises natural therapies for the enhancement of body, mind and mouth would fall into this category. These typically involve preventive therapies, treatment of malocclusion or other

physical impediments and avoidance of toxic materials. Traditional radiographs are usually replaced by low dose digital x-rays, and professionals should take a whole-body view to treatment or routine care, offering well-rounded advice to help patients enhance their general health. This could consist of various therapies, including hypnosis, homeopathy, aromatherapy and nutritional support. The goal is to deliver care in a way that creates the least possible amount of stress for the patient, while respecting biological principles.<sup>v</sup>

As such, everything from the treatment plan and clinical techniques employed to the materials used in practice and products recommend for at-home oral care should be considered carefully. Of course, this must be achieved without any compromise in quality or safety of care. This is especially important when it

HOLISTIC  
APPROACH





comes to treating acute dental issues or optimising oral health before, during and after treatment.

### Introducing a new combination

To reduce the risk of infection, help manage periodontal concerns and enhance oral hygiene pre- and post-oral surgery, many professionals make use of products containing chlorhexidine (CHX). Widely acknowledged as the gold standard for oral microbial control, CHX has been proven effective against a wide range of pathogens, including gram-positive and -negative bacteria, anaerobes, fungi and some enveloped viruses.<sup>v</sup>

However, there are now formulas available that build upon the benefits of CHX and further enhance its efficacy while supporting holistic care. Those that combine CHX with Citrox®, for example, have been shown to deliver even greater antimicrobial effects than CHX alone.<sup>vi</sup>

Citrox® is a natural solution consisting of organic acids and bioflavonoids, the latter of which are derived from the pith of bitter oranges. These bind to the bacteria's receptive sites and prevent them from feeding or emptying, which in time helps to suffocate and kill them.

Concentrations of between 1% and 2% Citrox® have been proven to effectively kill a broad spectrum of pathogens in their biofilm states. These include *Fusobacterium nucleatum* biofilm, which is an oral bacteria that is commonly associated with periodontal disease.<sup>vii</sup> Another study<sup>viii</sup> demonstrated the efficacy of Citrox® against COVID-19, showing a significant reduction (71%) in viral load in patients when comparing before

and after a single mouth rinse with the  $\beta$ -cyclodextrin-citrox mouthwash.

To apply these benefits and more in practice, consider introducing the Perio Plus+ range of solutions. This includes mouth rinses, toothpaste and tooth gel designed to provide holistic and effective protection when treating acute dental problems. They all contain an optimised combination of CHX and Citrox®, preventing infection, supporting periodontal therapies and encouraging soft tissue healing. There are also solutions available in the portfolio that utilise other natural ingredients such as xylitol for added advantages.

### Making holistic dentistry work

In addition to the clinical techniques and products used, it is important to get the whole dental team involved when delivering truly holistic dentistry. An interdisciplinary approach that sees the dentist, dental hygienist/therapist, dental nurse and practice manager align their treatment provision will ensure that every patient receives the very best care possible. This will also make holistic dentistry more feasible for the business, as the different aspects of care can be shared among the team and surgery time can be optimised without compromising on the quality of the patient experience.

Given the importance of tailoring care to the individual patient, different aspects of holistic dentistry may be more relevant for each person. However, promoting prevention and focusing on the health of the whole body – not just the mouth – is always going to be beneficial.

For more details, please visit [www.perioplus.com/uk](http://www.perioplus.com/uk)

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### About the author (both articles)

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Curaden UK



# The perils of perio

## Learning objectives

- To recap current evidence linking periodontal diseases with systemic conditions
- To review the associations between oral hygiene habits and risk of periodontal disease
- To explore some of the sustainable options available to encourage oral hygiene compliance among patients

GDC Development Outcome: C

**P**eriodontal disease is the most common chronic inflammatory disease in the modern world. Although there is some variation in the reported prevalence of periodontal issues, the World Health Organization (WHO) suggest that around 19% of the global adult population has it at any given time.<sup>i</sup> In the UK, approximately half of adults are believed to experience irreversible symptoms of periodontitis.<sup>ii</sup>

The disease can impact individuals in a variety of ways. In many cases, patients are aware of bleeding gums and become concerned for the aesthetic implications of inflamed gingiva, or even missing teeth. However, people are at risk of much further-reaching effects should they allow periodontal disease to progress. This means the dental team has a very important duty to educate patients and help them prevent the disease in the first place.

## The gateway to the body

The mouth is often described as the gateway to the body, because oral health is intrinsically linked with a person's systemic health. Looking after one means reducing the risk of problems with the other, making effective oral hygiene an essential part of everyday life for the entire population.

For example, a 2023 meta-analysis<sup>iii</sup> confirmed a positive correlation between periodontal disease and cardiovascular disease (CVD). After evaluating the results of 26 studies, the paper found that just over 7% of patients with periodontal disease had CVD – with a link established regardless of gender. It has been postulated that core inflammation may be a cause for this association, though the exact mechanism is yet unknown.

Periodontitis has also been linked to diabetes – in fact, diabetic individuals are



up to three times more likely to experience periodontitis than non-diabetics.<sup>iv</sup> What's more, a bi-directional relationship has been identified. Diabetes is a major risk factor for periodontal disease and people are at a greater risk of developing periodontitis where they exhibit poor glycaemic control.<sup>v</sup> The association between the two conditions is once again believed to be increased inflammatory markers.

Another concern linked to periodontal bacteria is respiratory infection, with the reduction of pathogenic oral bacteria leading to a reduced risk of respiratory problems.<sup>vi</sup> There are three potential pathways by which periodontal disease may play a role in the pathogenesis of respiratory infections.<sup>vii</sup> These include the periodontal disease-associated enzymes in saliva, which either promote bacterial colonisation in turn facilitating aspiration into the lungs, or destroy salivary pellicles and prevent the clearance of pathogenic bacteria from the mucosa. The other possible mechanism is when cytokines

from the periodontal tissue change the respiratory epithelium, leading to infection.

Furthermore, there is a growing body of evidence linking periodontal disease with musculoskeletal conditions and issues with the reproductive system. For instance, severity of periodontitis may increase in line with severity of rheumatoid arthritis symptoms.<sup>viii</sup> With regards to the latter, periodontal disease is associated with poor pregnancy outcomes, such as low birth weight<sup>ix</sup> and preterm birth.<sup>x</sup>

With the extensive literature linking periodontal disease with an array of systemic health concerns, it has never been so important to promote oral health among patients. Achieving this often requires professional intervention and patient education.

## Fighting the perio pandemic

Given the relatively high prevalence of gingivitis and periodontal issues among the UK population, the spotlight is firmly on prevention. It is essential to help

patients understand the risk factors for oral disease and take responsibility for mitigating the risks in their daily life.

Patient education is key. This should include advice on a wide range of lifestyle habits. For instance, a diet low in sugar, and high in both fibre and omega 6/3 fatty acids has been found to help lower the risk of periodontal disease.<sup>xi</sup> Smoking should also be avoided as this is a risk factor for development and progression of periodontal disease.<sup>xii</sup> Excessive alcohol consumption is associated with a moderate increase in severity of periodontal disease as well.

Of course, another essential aspect is oral hygiene. Poorer dental health practises can inflate the risk of periodontitis by 2-5 times compared to good oral hygiene behaviours.<sup>xiv</sup> As such, patients need to appreciate the benefits of a consistent at-home regime that effectively removes bacteria and plaque from the teeth and gingiva.

In addition to brushing twice-daily with the recommended fluoride toothpaste, patients must also be cleaning interdentally to keep periodontal disease at bay.<sup>xv</sup> The Curaprox interdental brushes are an excellent example of products shown to be effective at dislodging plaque in the mouth, while being easy to use and improving access to even hard-to-reach areas of the mouth. These particular solutions are designed to bend to ensure they are gentle on the delicate oral tissues, while the unique click handle system minimises the plastic waste generated for environmentally-friendly benefits too.

### Getting the message across

Clearly, patient communication is vital. They need to be given the right information in a way that they can understand and that impresses upon them the importance of looking after their oral health. To do this successfully, the dental team will need to tailor their approach to each individual. It is necessary to consider the patient's lifestyle and demands on their time, as well as their values and concerns, in order to effectively encourage behaviour change. In doing so, professional recommendations can be designed specifically for them, increasing

the chance that they will become self-motivated to enhance and maintain their oral hygiene between practice visits.

Periodontal disease remains a prevalent issue in the modern world, despite being widely preventable. With continued education, the right oral hygiene products and encouragement from the dental team, more patients will be able to avoid the dangers of periodontitis.

For more information, please visit [www.curaprox.co.uk](http://www.curaprox.co.uk)

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# How dental nurses and their practices can change the lives of the UK's poorest children

Dental scrap metal is probably something that has always reduced the cost of your practice Christmas parties in the past but this important resource can change the lives of underprivileged kids in the UK with the help of Gold For Kids.

The amount of precious metal used in dentistry may have reduced in recent years as there has been more of a move towards newer materials. However, the issue remains of what to do with the old restorations once they have been removed and replaced.

## Who we are and what we do.

Gold for Kids was founded in 2018 by Leticia Casanova, a specialist periodontist and implant dentist working at London Periodontics and Implant Dentistry in Marylebone. The idea for the charity was born when Leticia and her husband fellow clinician, David Holmes, began their specialist practice and wondered what they should do with discarded restorations.

Leticia takes up the story. "David said to start collecting the scrap



Indeed, patients are so keen to be involved that they have also donated pieces of unwanted gold jewellery."



restorations because these things have value. From speaking to patients and getting their thoughts, we started wondering why we didn't do something good with them."

She continued, "My friend Kimberly MacGregor and I have always looked for ways in which we could do more to give back to our communities. As parents, the welfare of children always struck a chord with us - we were looking for a way that we could help many of the deserving causes out there. And that is how Gold For Kids was born - a way for dentists and those in the dental sector who are driven by their values to make a difference - collecting these restorations and we then donate the funds raised to a number of carefully selected local, national and overseas charities dedicated to improving the wellbeing and prospects of underprivileged children."

"We found a company in Hatton Garden which helped us maximise the worth of the melted gold. The collected restorations could regain their value and be used to help children in need and since becoming a charity in 2020, we can now reclaim Gift Aid on this too."

## Our progress to date.

We are so delighted to report that the message about recycling waste gold for good causes is slowly but surely getting out to all dental staff, nurses, practice managers, universities, laboratories and individuals too!

From our melts of dental restoration donations from dental practices and unwanted gold jewellery donations last year we raised a grand total of £12, 800 making our collective fundraising to date just under £40,000! Even in these early stages, think of what could be achieved for children's charities if more practices and individuals were on board!

## Our patients love the idea!

"When we approach our patients regarding Gold for Kids they love the idea! Getting consent from patients for their old restorations to be repurposed in this way has been the easiest thing about the scheme. For a patient, having an infected tooth with a crown on top of it isn't a nice thing to keep. Most of the crowns aren't full gold so it's not even that valuable for them and it's very difficult to extract that value. Every time we mention it to a patient, they say, 'Yeah, go for it, that's a neat idea! I'm so glad that you're doing this.'"

## United by a desire to reduce poverty for kids in the UK.

Recently we received our first patient led donation. A man in the Midlands found us after searching online for a way to raise funds for charities from the sale of the precious metals in his gold crown. His dentist was unable to help. He found Gold For Kids online and emailed us. He wishes his donation to be in memory of his late mother whom he lost during Covid. She was an avid supporter of the NSPCC so he knew straight away we were the charity he wanted to support. Getting the message out to patients, dentists and laboratories is our strategy to raise awareness of this valuable resource when united by a desire to reduce poverty for kids in the UK.

## What does it mean to you and how can you help?

What does the money that you receive on unwanted or broken crowns, bridges, PFMs, PFGs or other precious or semi-precious material mean to you? To some children it can mean the chance of a better life. There are more than 4.5 million children living in poverty in the UK.

"Now, working with supporters like the BADN means that we hope we can reach and help even more disadvantaged children in the UK. We very much looking forward to working with your members."

## How your practice can shine as a socially responsible business and support Gold for Kids.

Supporting good causes like Gold For Kids is a really easy and valuable way to raise your business profile in your community and amongst your peers. Shout about your achievements in your marketing. Incorporate your values as part of your Corporate Social Responsibility charter and stand out from the crowd.

It's so simple:

1. Use an insured, pre-paid envelope to send restorations (and jewellery) to their secure storage facilities. (Gold for Kids can send a free prepaid envelope to all BADN members who wish to help).
2. Gold for Kids send the donations to a metal refinery to be processed. The melts recover the precious metals and turn them into bars, which are then sold to leading jewellery industry traders for cash.
3. This is then donated to selected children's charities dedicated to improving the wellbeing and prospects of children in need. As a registered charity, Gold for Kids can reclaim gift aid on donations from UK taxpayers, increasing their value by 20%.

To download a registration form and become a supporter of Gold For Kids, please visit [www.goldforkids.org/contact-us](http://www.goldforkids.org/contact-us)



# **BRAND NEW!** **THE PROBE** DENTAL PODCAST

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# Dental nursing on the frontlines

*Lt Col Charlie Winship and Maj Serena Darke*



Dental nursing in the United Kingdom Armed Forces (UKAF) is a relatively unknown area of the profession. We aim to increase awareness of this career option through a series of articles, written by some of our inspiring military and civilian personnel over the upcoming editions of this journal. These articles will include information about what a career pathway can look like for a dental nurse (DN) in the military, focusing on overseas assignments and deployments, the extended clinical skills offered alongside opportunities for development outside of the surgery, such as adventurous training. There will also be an article about working as a DN for the UKAF without being in the military. But first, it would be prudent to provide readers with an overview of Defence Dentistry, what do we do and how this may differ to UK NHS and Private practice.

Dentistry within the UKAF is part of the Defence Medical Services (DMS). The purpose of the DMS is to ensure service personnel (SP) are medically and dentally fit to undertake their challenging roles and to provide support to SPs on operations<sup>1</sup>. As all DNs know, dental emergencies can be debilitating, and this is a major issue when SPs are deployed<sup>2</sup>. Defence dentistry provides a healthcare service tailored to meet the occupational needs of the military. It ensures the whole patient population is made as dentally healthy as possible at all times, reducing the likelihood of patients suffering dental morbidity when they are deployed on operations, a process known as 'Force Generation'.

Defence Dentistry is mainly delivered from primary care practices located on military bases throughout the world. In addition, however, there are dental teams which can be deployed on exercises or operations when needed. UKAF dental teams must deliver the highest quality care in accordance with UK healthcare governance standards in almost any environment.

The UKAF patient population is unique. The majority of the population are between the ages of 18 – 40, with 24% being under 25, and 89% are male<sup>3</sup>. Most of the patients are fit and well with very few having chronic health conditions, due to the requirement to be medically fit for role. Due

to the recruiting demographic, UKAF patients can face higher rates of dental disease on enlistment.<sup>2</sup>

Patients are actively recalled for periodic dental inspections, these recalls being dependent on an individual's risk for oral disease. There is an occupational requirement for patients to attend these appointments as part of their conditions of service. For defence dental professionals, this provides a fantastic opportunity to have a real impact on someone's oral, and general health, with prevention being a key element of their practice.

Dental care is free at the point of contact for military patients and the service is well appreciated by its patients, defence dentistry is consistently cited as the second greatest reason people stay in the military<sup>4</sup>. This translates to a generally satisfied and compliant population of patients who are a joy and honour to treat.

Interested in this type of practice? Look out for our upcoming articles to learn more.

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## RADC Overseas

### Sgt Etu Romain

As a member of the Royal Army Dental Corps who has served overseas for 16 years, I can state that it has been a fulfilling career choice. Being able to serve overseas has been the main highlight for me. These postings have given me opportunities to work with some remarkable professionals around the world alongside the chance to travel, meet new people and learn about diverse cultures and fascinating ways of life.

On assignment in Germany, I was able to appreciate the iconic Gluhwein at authentic German Christmas Markets. In Belgium, I was exposed to working within a multi-national armed forces as part of NATO and experience the incomparable Belgian culture. In Canada I had access to both Summer and Winter adventurous training with some of the most captivating scenery. Finally, Cyprus offered great nights dining in traditional Taverns followed by lovely beaches during the day.

Posting to Brunei was one of the main highlights of my career. This stunningly unique country has been a life changing experience. In the heart of Southeast Asia lies this tropical paradise of Brunei, with pristine rainforests, vibrant cultures, mouth-watering cuisine, and a rich heritage that enchant visitors from all around the world. Its diverse cultural landscape presents unique challenges and opportunities for the RADC service personnel who work closely with a range of service personnel and their families from different backgrounds as well as locally employed civilians who support the Brunei Garrison. This posting enabled my family to travel to a range of countries including Malaysia, Singapore, Thailand, Vietnam, Cambodia, Philippines, Indonesia, and many more.



Serving in the RADC is a unique and rewarding experience that combines the noble profession of dentistry with the dedication to military service. The RADC plays a crucial role in maintaining the oral health and well-being of military personnel, ensuring they are fit for duty and capable of carrying out their responsibilities effectively. By providing comprehensive dental care, emergency support, and promoting oral health education, the RADC serves as a pillar of support for the armed forces, both at home and abroad. Their efforts contribute significantly to the overall operational readiness and morale of our military personnel serving overseas.

In conclusion, being part of the British Army overseas provides its soldier with range of benefits and opportunities that will make the journey of one's career a very fulfilling experience. From the chance to travel and see the world to the potential to develop valuable skills and provide essential care, RADC Officers and Soldiers have a unique experience that few other careers can offer within Dentistry. If you're considering a career in the British Armed Forces and have a desire to serve your country, then joining the RADC could be the perfect choice for you.



## Working for defence as a Civilian Dental Nurse

### Mrs Maria Hill

Prior to working with the military, I had worked in private/mixed NHS and community dentistry. So when applying for my first defence job I did have concerns about what would be expected of me, would they want me to march around? Or call everyone Sir/ma'am? I needn't have worried.

On my first day I was introduced to everyone by their first name and soon realised that the expectations of a civilian dental nurse (CDN) are different to that of the military. Whilst using the correct rank is important to military personal, the patients and my colleagues were far more interested in the treatment they were having and not whether I had muddled up or not recognised their rank (displayed on the front of their uniform). What I also quickly learned was that CDNs are valued members of the team and this has been reflected in all the military locations I have worked - Deepcut, Sandhurst, Aldershot and Defence Centre for Restorative Dentistry (DCRD).

For me benefits of working for the military have included; working in prestigious locations, like the Royal Military Academy Sandhurst, that are steeped in history; getting invited to ceremonial events such as Passing Off Parades; gym access and an encouragement to participate in fitness activities (although this is in no way enforced); being able to gain further qualifications such as Fluoride Application and Oral Health Educator and being facilitated to improve my knowledge and skills. It has also been interesting to witness the resourcefulness of the military, building fully functioning Dental Centres with tents. This however is not where we usually work from!

Most recently I have been successful in gaining a position at DCRD, the specialist dental practice in the military covering a multitude of specialities. Procedures here are varied and challenging but very rewarding. Initially there was a lot to learn about the specialist procedures conducted and equipment used, such as endodontics with a microscope, surgical sinus lifts, apicectomies and implant placements, alongside orthodontics and occlusal rehabilitation. But now I am confident in my role and thoroughly enjoy the diversity of my work. We continue to learn though with digital scanners for impressions being the most recent learning experience for me.

The only challenges I can think of is that the salary may be a little lower than you can earn in a private practice, however, I have a great work life balance, a supportive team and the pressure to turn around a surgery to get large numbers in is not there. Also, military staff do come and go every 2-3 years, that can be sad when your favourite dentists leave on a posting, although I guess this can be a bonus if you're happy to see them leave!

Overall working for defence has been hugely rewarding for my career.



## Overseas assignments – Royal Air Force

*Cpl Bonita Jaffrey*

The Falkland Islands is the only permanent overseas assignment for the RAF Dental Branch. I have been lucky enough to deploy to Mount Pleasant Complex (MPC) twice in my 7-year career, in 2019 as a Dental Nurse and at present as the Practice Manager. I can honestly say the first time was amazing, but this time has been even better, this is not only because visiting the Falkland Islands is a fantastic opportunity, it is also due to the people I have been fortunate enough to work with out there.

The Dental Centre consists of 4 members; dentist, manager, nurse and receptionist, and we are collocated with the Medical Centre, making an enjoyable family unit. What I love most is the bond you create with your peers; you feel united and a real part of the military. Day to day working life has its challenges. IT is very slow, so you learn patience quickly. Problems that may arise can take that little bit longer to be resolved, often due to the time difference with the UK, it being currently 4 hours ahead, so afternoon emails are not actioned until the following day. The time difference does not only affect work, sometimes contacting family can be a strain. Luckily, there is Wi-Fi available with everyone receiving a monthly allowance, making a massive difference to being able to contact your loved ones regularly.

I have my own room, which I have personalised, however, there is so much to do on camp, I am hardly in it. There is a great Gym/ Swimming pool and active PTIs who put on a range of classes throughout the week as well as monthly challenges. Most recently I have taken part in an organised Mental Health Marathon. The dining facility is impressive, considering how remote we are, and there is a lovely all ranks bar to chill in. MPC has a cinema, bowling alley, Go Karting, Weather balloon, along with many clubs to join. I am a member of the Military wives' choir; I have performed with the MWC for Landing Day in Stanley and a lovely service in San Carlos and Goose Green.

During my time here I have been able to experience some of the fabulous things the Falklands has to offer, travelling to various parts of the island (often by helicopter), undertaking battlefield tours and enjoying the stunning beaches. The wildlife is out of this world, penguins, seals, sealions, elephant seals, dolphins, whales and a range of birds. I have been surrounded by dolphins when paddle boarding and kayaking on the sea, definitely a highlight. I was also lucky enough to tour The Sir David Attenborough Ship and The Medway Ship. The town, Stanley, offers a couple of lovely restaurants where you can enjoy the local produce, the toothfish is my favourite.

The Falklands is an absolute treat, and I really hope many more get to experience the wonderful and beautiful things it has to offer.



## A Draft overseas as a Dental Nurse

*LH Kelly Joryeff*

I had always expressed an interest in being drafted to Gibraltar, mainly because the idea of working abroad in the sunshine away from home appealed to me but also that it would open up different opportunities to those in UK shore establishments. So, I was thrilled to receive an assignment here.

As the plane approached the runway in Gibraltar the first thing I noticed was the overwhelming Rock. At this point I had very mixed emotions of excitement and apprehension, as I hadn't worked overseas before, but I quickly became very settled in my job and life abroad.

There are different aspects of the dental nurse role that the job here included which are often not undertaken when working in military centres the UK. It was the first time I had treated service personnel from all three services, not just the Navy, alongside their family members, including children, with the addition of entitled civilians. This provided an invaluable experience to hone the skills of treating children and an older population rather than the 18-40 age group we usually see. Treating spouses and children also means that the practice is very family orientated, we conduct regular visits to the Early Years Foundation School in order to give oral health education to the children attending. For me this experience was hugely successful, highlighting to me the importance of engaging with children at an early age to make them aware of oral health and teaching them how to achieve this.

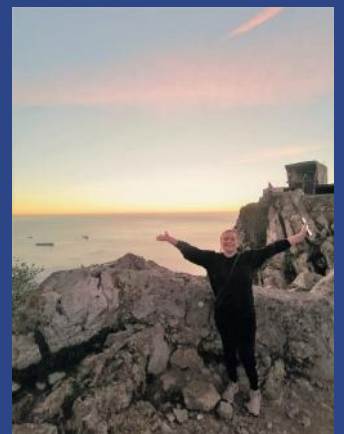
Gibraltar is also very busy with visiting ships and units which are also entitled to dental provision whilst they are here, so there are challenges to treating people within a short time frame and having a fluctuating population.

There is a lot to do outside of work to keep yourself busy and of course enjoy the sunshine. The opportunities are great for sport, especially water sports, with the chance to gain qualifications. Gibraltar itself has a lot to offer but there is also the opportunity to cross the border and explore Spain.

The whole experience is very different to the UK but with that there can be some challenges. Being based away from your home, friends, and family can be hard at times however, the others based out here are in the same position, so you quickly make very good friends and social connections. The plus side for getting home is it is only a short flight from the UK and you do get overseas allowances that help you out towards travel home and time off the rock. It is also a great place for friends and family to come visit and spend quality time.

I have thoroughly enjoyed my time working overseas and would recommend that everyone takes the opportunity to do this.

The Falklands is an absolute treat, and I really hope many more get to experience the wonderful and beautiful things it has to offer.



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# A dynamic event catering for modern dental nurses

There was a very positive atmosphere at the British Dental Conference & Dentistry Show (BDCDS) 2023, where thousands of dental professionals united to learn, network and innovate. For dental nurses, the event provided a dedicated two-day lecture programme in the Dental Nurses' Forum – hosted by BADN, the UK's professional association for dental nurses. It was chaired by BADN Chairman Joan Hatchard, standing in at the last minute for the then President who was unable to make it to the Show – as well as various dental manufacturers and suppliers of interest, including those that offer oral health products, decontamination equipment, management support and career progression.

Kicking things off was Amber Qureshi discussing "The shocking truth about well-being". Amber considered the objective and subjective aspects of well-being, how to identify each one and what impact they can have on an individual on good days and on bad days. She also highlighted how dental nurses are often taken for granted in the practice and how it is crucial that they speak up to ensure their own happiness at work. Amber went on to provide some practical tools and strategies for well-being at work, including social connection, time management, critical thinking and actively engaging the mind and body.

One dental nurse delegate attending the session said:

"I really enjoyed this lecture on mindfulness and well-being. I took away a couple of tips to use in practice and it made me realise how important well-being is."

A later session that seemed to strike a chord with the audience and really engage the profession was that of "Contract reform in Wales and the role of the dental nurse" with Warren Tolley. He outlined 5 priorities to achieve the desired transformation of the profession, emphasising the importance of facilitating oral health monitoring and prevention of disease as part of the new contract. Warren noted the national shortage of dental nurses and how this might affect dental service provision, exploring some of the difficulties currently being faced with regards to skill mix in the practice. Following the session, delegates were keen to ask their own questions and were clearly passionate about the topic and the impact that contract reform may have on their futures and that of dentistry as a whole.

After the session, attendee dental nurse, Jennifer, commented:

"I've always wanted to come to this show and have found there to be more to do than I expected. I thought some of the references in this talk were very interesting and it was useful to get new information on how you can progress as a dental nurse. I wasn't aware of some of the avenues you can go down and this talk helped with this."

Delivering a well-rounded programme for dental nurses, some of the sessions focused more on clinical topics and the general oral health landscape of the UK. Dr Devan S Raindi presented "Diabetes and gum health", discussing the inflammatory pathways of disease, its global prevalence and the related oral health risks. He considered the links between diabetes and periodontal disease, how the conditions can be treated and the role of the dental nurse in managing the periodontal patient in such situations.

Delegate Keisha Levermore said:

"This was a very informative yet easy-to-follow session. The information was very relevant and it has built on the knowledge I had already. The paper citations have been really helpful in assisting further research. The entire show has been good."

Other sessions of note for dental nurses were Rebecca Silver's talk on imposter syndrome and Joan Hatchard's lecture around menopause support. The former took delegates on a journey from childhood to adulthood, identifying some of the factors that can lead to feelings of self-doubt or keeping an individual in a negative mindset. Rebecca recommended taking baby steps towards a healthier and more positive state, being careful with social media.

Joan later took to the podium to share more about the BADN's Menopause Policy & Advice Sheet and the support that is available to

dental nurses experiencing this transition. She encouraged delegates to be "menopause champions" and to ensure that they or their colleagues get the support they need.

In addition to the Dental Nurses' Forum, dental nurses at BDCDS had access to the extensive trade exhibition with hundreds of dental manufacturers and suppliers on hand. Product experts were happy to answer questions, perform live demonstrations and introduce delegates to some of the latest innovations in the profession today.

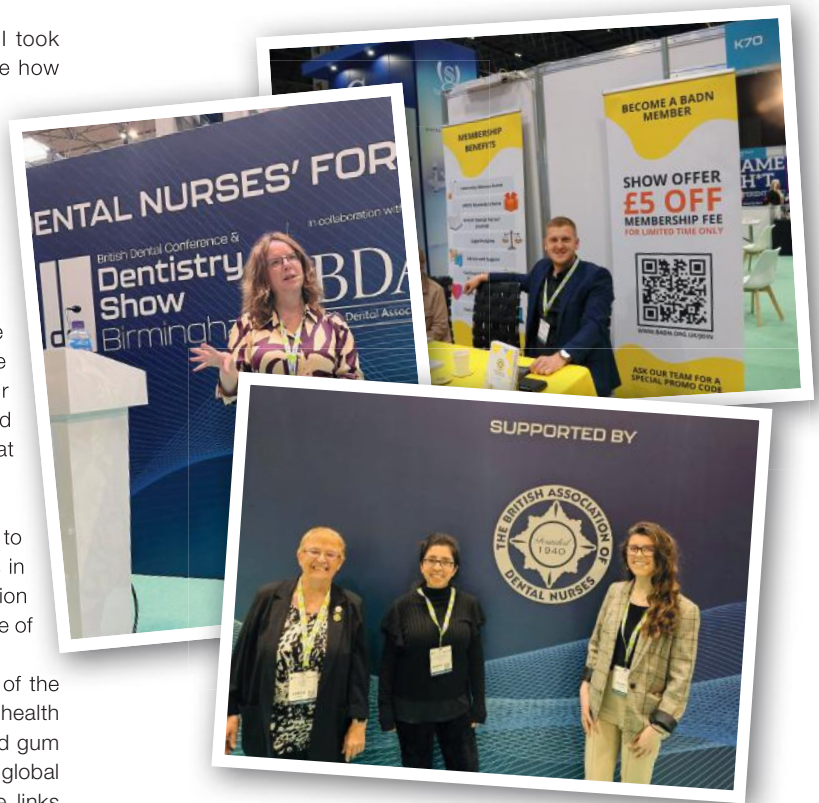
Of course, the show was also a fantastic opportunity to enjoy time out of practice, with the chance to connect with colleagues from across the nation and network with suppliers.

Reflecting on the event overall, dental nurse Miglena Georgiera said:

"I have attended BDCDS many times and returned again this year for CPD and to meet up with old friends. The speakers and topics covered have been good, probably even better than last year. It's been good to see so many different things and I have found the sessions to cover everything that I would have liked them to. I would absolutely recommend BDCDS to others."

The British Dental Conference & Dentistry Show (BDCDS) 2024 will be held on 17th and 18th May, at the NEC in Birmingham, co-located with DTS 2024.

To register your interest, please visit [birmingham.dentistryshow.co.uk](http://birmingham.dentistryshow.co.uk)



## Thanks from the Chief Exec

It's never dull around the BADN office and the Dentistry Show highlighted the need for flexibility and a Plan B – not to mention Plan C! When it became apparent two days before that I couldn't attend the Show, due to being hospitalised, Shirley in the BADN office offered to go with Adam and help (wo)man the BADN stand and Dental Nurse Lounge. Chairman Joan Hatchard also offered to help out, but when the then President announced, the day before the Show, that she had Covid and couldn't attend, Joan stepped in to chair the Dental Nurse Forum and present the BADN lecture on our Menopause Policy. Following a Facebook appeal, several BADN members – including Rebecca Silver and Preetee Hylton – offered to help Shirley and Adam with the stand and Lounge.

So many thanks to Adam for overseeing the whole thing (as well as driving to Brum and manhandling the new stand), to Shirley for stepping in, to Joan for chairing and presenting, and to Rebecca and Preetee for helping out! Thanks also to everyone who has sent me get well messages – I should be up and running again (well, walking slowly at least!) by the end of August and hope to be at the London Dentistry Show in October.

# A true team triumph – ADI Team Congress 2023

Dental implantology is an exciting and fast-moving field of dentistry that provides new opportunities to grow for the entire team. The Association of Dental Implantology (ADI) understands this and is committed to supporting professional education so that more individuals can get involved and help deliver safe, effective and life-changing treatment to patients.

The ADI Team Congress 2023 was an exceptional display of talent and innovation, with conference streams dedicated to each member of the dental implant team. Friday's programme split into several areas, with sessions tailored to dental nurses and practice managers, as well as dental hygienists and therapists.



For those in the former group, a combination of lectures, interactive sessions and hands-on practicals were provided, enabling everyone to get involved and enjoy a thorough educational experience. Hannah Fullerton kicked off proceedings with an intriguing lecture showing how dental nurses can add value to their role by taking on new tasks such as intraoral scanning and digital treatment planning. She shared her own journey, highlighting just how rewarding it can be for a dental nurse with a passion for learning new skills.

About the session, dental nurse at Thistle Dental, Iona Murray, commented:

"I thought Hannah was amazing and she covered a lot of things that were really relevant to our work. She showed how realistic it is for dental nurses to move up with experience and develop their career."

Delegates also had the opportunity to get hands-on with a scrub and drape session with Kasia Allen, and delve into the field of suturing with Ryan Hughes. Offering a different perspective was Mahrukh Khwaja, who brought the importance of positive psychology to the fore. She considered how individuals might enhance their mental wellbeing while facing the challenges of dentistry. She encouraged everyone to practise mindfulness and even offered a quick 2-minute meditation for delegates to relax into the remainder of the day.

The Dental Nurses & Practice Managers Programme finished off with further insights into the benefits of photography and intraoral scanning, including a practical session with Kayley McCauley.

Complementing all of this, delegates had a chance to let their hair down with colleagues at the Congress Dinner on Friday night, where a great night was had by all. Between the Star Wars themed fancy dress, a lightsaber show and ADI President Amit Patel's hair cutting for charity, there really wasn't a dull moment!

Reflecting on the show in general, Zoe Linsell, dental nurse at Perfect Smile Clinic, said:

"This is the first year I have attended the ADI Team Congress. I think it's amazing how they have catered to each role. I found the sessions about photography and implant prep really helpful and appreciate the practical elements as I think this adds to your depth of understanding. The hands-on sessions were the highlights for me, as they also enable you to mingle with colleague, to build bonds. It was interesting to browse the exhibition and hear what companies are saying, there is so much there! I would 100% recommend this event to other dental nurses, especially if they are looking to upskill or find a new area of interest as it really broadens your horizons."

For more information, visit [www.adi.org.uk](http://www.adi.org.uk)



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# 2023 CALENDAR



## August

- 7 Bank Holiday (Scotland only)
- 18 BADN Executive Committee meeting
- 28 Summer Bank Holiday (not Scotland)

## September

- 15-17 Rosh Hashanah (Jewish New Year)
- 24 Yom Kippur

## October

- 3 Copy date for Autumn 2023 edition of the British Dental Nurses' Journal ([pam@badn.org.uk](mailto:pam@badn.org.uk))
- 6-7 London Dentistry Show, ExCel London ([www.london.dentistryshow.co.uk](http://www.london.dentistryshow.co.uk))
- 17 Birth of Baha'u'llah
- 27 Autumn 2023 edition of British Dental Nurses' Journal published
- 29 BST ends (clocks go back)

## November

- BADN Executive Committee meeting
- 3 NEBDN National Diploma written exam
- 12 Diwali
- 30 St Andrew's Day (Scotland only)

## December

- 7 Hanukkah begins (ends 15 December)
- 22 BADN office closes
- 25 Christmas Day
- 26 Boxing Day

## January 2024

- 1 New Year's Day
- 2 BADN office re-opens

### Key

- NEBDN – see [www.nebdn.org](http://www.nebdn.org) for more info or contact 01772 429917
- BADN – see [www.badn.org.uk](http://www.badn.org.uk)
- Other dental dates – to add your event to the diary, please send details to [events@badn.org.uk](mailto:events@badn.org.uk)
- Other notable dates

If you have any events planned for 2023 and would like them to be included in the BADN Diary, please email details to [pam@badn.org.uk](mailto:pam@badn.org.uk).

**Please keep and use the contact details below.****BADN staff****BADN Chief Executive & Editor, British Dental Nurses' Journal:**

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| Val Forshaw | 01253 338366 | val@badn.org.uk |
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**BADN events, social media, website, IT matters, etc:**

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Should you wish to contact members of the BADN Executive Committee, please do so via the BADN office or use the email addresses below – for reasons of privacy, work/life balance, etc, please do not use the individual concerned's personal home or work email address:

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|               |                      |
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| Joan Hatchard | chairman@badn.org.uk |
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**Educational Representative**

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| Anita Stanforth | education@badn.org.uk |
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**Treasurer**

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| Michelle Brand | finance@badn.org.uk |
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**Immediate Past President**

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| Jacqui Elsdon | president@badn.org.uk |
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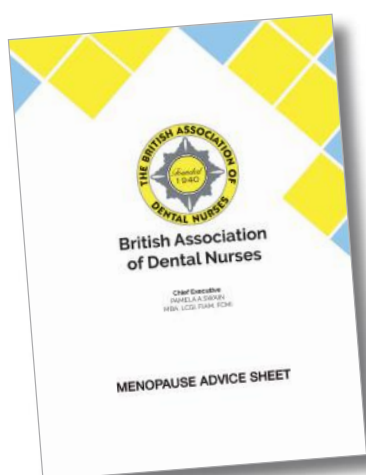
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**To obtain your hard copy of the CPD Activity Log, Personal Development Planner or Menopause Policy**, please put a Self Addressed Envelope, with stamps to the value of £1.05 (second class mail) or £1.45 (first class mail), together with a note of your name and BADN membership number, into a second envelope addressed to the BADN office and with "CPD/PDP" or "MENO" written in the top right hand corner of the outer envelope. Remember to stamp the outer envelope too! These are also available in e-form on our website under "Downloads".

You can **obtain replacement membership badges** (£5), 80th Anniversary brooches (£10.50) and BADN Bundles containing a BADN pen, coaster and keyring with trolley pound (£5) from our online shop at [www.badn.org.uk/membershop](http://www.badn.org.uk/membershop)



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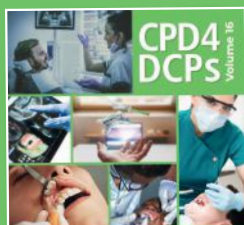
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