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British Dental Nurses' **JOURNAL**®

The Journal of the British Association of Dental Nurses

Catch up with the Coffee Catch Ups



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President
Jacqui Elsden MSc FBADN
president@badn.org.uk



Chairman
Jane Dalgarno MSc
chairman@badn.org.uk



Treasurer
Joan Hatchard LCGI FBADN
finance@badn.org.uk



Education Representative
Anita Stanforth FDS MSc
education@badn.org.uk

For Executive Committee member biographies, please go to the About Us page of the BADN website: www.badn.org.uk



Please address all correspondence to:

Executive Editor
Email: pam@badn.org.uk
Tel: 01253 338 360

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Executive Editor: Pamela Swain MBA
LCGI FIAM FCMJ

Managing Editor: James Cooke
Group Sales Manager: Ed Hunt

Commercial Director: Michelle Mchutchison

Production Designer: Rob Tremain

Divisional Administrator: Linda Aitken

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From your President



It is hard to believe, but I know it is true, that since my last report we have experienced Lockdown 2.0, been subjected to all sorts of different restrictions depending upon the area of the UK you were in, which then impacted upon whether you were able to spend the Christmas break with loved ones or not, to then be followed by further restrictions on Boxing Day culminating in Lockdown 3.0 for all four nations because the COVID-19 variant arrived!!!

But despite this, I know that you have been working harder than ever to respond to the backlog of interrupted treatments caused by Lockdown 1.0, therefore please don't forget that you can access the Health & Wellbeing Hub as part of your membership, where you can find lots of hints and tips to help you get back on track. Click the members area of the website and then BADN Rewards and it will be listed there.

Lockdown 3.0 may raise further questions and queries for you. So, please be assured that BADN Head Office staff are operating at normal office hours and will continue to receive your queries through the dedicated email address – enquiries@badn.org.uk – and over the telephone. Lines may be busy; therefore, if you leave a message please speak clearly and slowly and mention your membership number as a reference. As always you have the website to view for the latest updates regarding any new news that impacts upon us dental nurses: www.badn.org.uk.

On the website you will find the latest information from the CDOs. Within one of Sara Hurley's (CDO Eng) latest communications, alongside stating that dentistry is open for business, she confirms that dental professionals are classified as critical workers (key workers). This information will be especially useful to you if you have school age children and you need them to attend school so that you can work and be paid.

You will be able to use the CDO's document to demonstrate your key worker status (although this groups your role rather than specifies your role). We are also hoping to launch in February our BADN polo shirts/t-shirts (possibly even fleeces!) which identify you as a BADN member and a key worker. Keep an eye on our website and if you haven't signed up for our newsletters yet, do that now so that you get the latest news and updates.

It has been a quieter period since my last report; however, I have had the great pleasure of chairing two 'BADN Coffee Catch-ups' in November and December, which have proved to be very successful and by the time you are

reading this, there will have been a third – Alex Norris MP, Shadow Minister for Primary Care is our guest speaker in January.

These events are designed to allow you to meet other BADN dental nurses online for an informal chat and to experience a formal presentation (CPD) over a cup of coffee. I have enjoyed getting to know some of you during these sessions together with the learning from the speakers and I look forward to meeting many more of you over time. Sign up for our newsletters to make sure you're first in line to register for the 'Coffee Catch-ups' to enjoy an afternoon of 'catching up' with others. Sharing your stories is a great way to relax and to boost morale.

In addition, in November I chaired BADN's Annual General Meeting and in January and February I will be meeting with various recognised organisations to work towards bringing you more in relation to your membership experience.

Do not forget that the membership fee is still at the temporarily lowered amount of £30, therefore if your membership is due for renewal this is great news for you, and if you know of any colleagues who would benefit in becoming a member, then this is great news for them also.

Before I sign off, I would like to bring your attention to the recent news that Kirstie Moons, dental nurse and former BADN member, has been appointed to Post Graduate Dental Dean at Health Education Inspectorate Wales (HEIW). We wish Kirstie all the best in her role and I am sure you will agree that Kirstie has proved to us that anything is possible! What an inspiration to us all as Kirstie is the second Dental Nurse to become a Dean in the UK, thereby demonstrating the tenacity and determination of Dental Nurses in our chosen profession.

Finally, and as always, my heartfelt thanks to you all for continuing to support BADN, your professional association, as we continue to work hard on your behalf. I personally value your membership. Please do get in touch with me (president@badn.org.uk) if you need to and hopefully, amongst the rollout of the new vaccines, maybe just maybe, we might meet each other in person in 2021!

Stay safe and stand together to support our dental nursing profession.

Jacqui Elsden
BADN President

January Coffee Catch Up

Our first Coffee Catch Up of 2021 was a great success!

Alex Norris MP, Shadow Minister for Prevention, Public Health and Primary Care, was our guest speaker – he outlined his role as a Shadow Minister, his working relationship with the current Minister Jo Churchill, and his support for the BADN campaign for recognition of dental nurses. Drawing on his personal experience working with professional associations, Mr. Norris remarked that he



knew the BADN Executive Committee members “aren’t doing it for the glamour or the glory – because there isn’t any!” Mr. Norris also observed that “dentistry is a revered profession in the UK” but that without dental nurses “there isn’t any dentistry”.

Mr. Norris took notes whilst dental nurses recounted their own personal experiences during the pandemic, and the problems currently facing them;



and pledged to work with BADN to raise awareness and knowledge of dental nursing and dental nurses’ vital contribution.

Coffee Catch Ups are held on the last Saturday of every month – sign up for our newsletters at badn.org.uk to find out about future Catch Ups.

Free new virtual event for the dental profession: BDIA Dental Showcase On Demand

Filmed live from a COVID-secure TV studio, BDIA Dental Showcase On Demand (22 - 26 March 2021) will provide an experience for the profession like no other, bringing the lights and excitement of a physical show to your home or practice.

With 50 free seminars, 100 leading exhibitors and zero cost, BDIA Dental Showcase On Demand is not to be missed.

Browse the virtual exhibition and hold face-to-face meetings with 100 leading suppliers over video to discuss your needs and discover new solutions.

Find out more information about exhibitors via the instant chat and make the most of show-only special offers to find new products and resources at the best price.

BADN at the Dental Showcase

The BADN will be a part of the BDIA Dental Showcase. Dental Showcase gives ample opportunity to meet up with friends and colleagues. Many



associations will be holding special events and many more will be exhibiting, so you can discuss the latest developments in your field. Among the associations in attendance will be the Association of Dental Administrators and Managers, the British Academy of Cosmetic Dentistry, Dental Fusion, the National Examining Board for Dental Nurses and the Orthodontic Technicians Association, as well as the British Association of Dental Nurses.

Find out more at <https://ondemand.dentalshowcase.com/>

BADN 80th Anniversary Brooches

Although we couldn’t celebrate our 80th Anniversary quite as we had planned in 2020, we are still hoping to celebrate 80 + 1 this year – although, realistically, it may well have to be 80 + 2 in 2022!

We do, however, have 80th Anniversary membership brooches for sale in our Shop (entry via the members’ area of our website www.badn.org.uk) for just £10.50 each (inc. P&P).

We are also planning on having polo/t shirts available shortly with the BADN logo and the legend “BADN Dental Nurse – Key Worker” on the back. Sign up for our newsletters to stay informed.



OBITUARY

It is with regret that BADN has learned of the death in December 2020 of long time BADN member Alison Chant, formerly of Eastman Dental Hospital, at the age of 81. She is survived by her brother, to whom BADN President Jacqui Elsdon has sent our condolences.



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BADN Welcomes Key Worker and Vaccine Statements

The British Association of Dental Nurses (BADN), the professional association for dental nurses in the UK, has welcomed confirmation that dental teams, including dental nurses, are considered key workers, and will be given priority for COVID vaccinations.

BADN President Jacqui Elsdon said "Because government statements did not specifically include dental professionals in their list of key workers, many dental nurses have experienced problems in accessing childcare, leaving them unable to go to work – and many dental employers have been unsympathetic to their situation. Clarification on the key worker status of dental professionals in the latest update from Sara Hurley is therefore most welcome and will help to alleviate the problems currently faced by dental nurses."

Sara Hurley stated that "dental professionals are defined by the Government as critical workers. The Government website says "This includes, but is not limited to, doctors, nurses, midwives, paramedics, social workers, care workers, and other frontline health and social care staff including volunteers". Front line health staff includes dental professionals and their teams."

Jacqui Elsdon continued: "Equally, the news that Prime Minister Boris Johnson confirmed that dental professionals will be prioritised for the COVID vaccinations is greatly welcomed and will put many dental nurses' minds at ease.

The Prime Minister had said: "We are delighted to announce that alongside other health and care staff, dental professionals and their teams are now being prioritised for a COVID-19 vaccine.

"This means that dental teams supporting the NHS, those working in private or mixed practices will all be entitled to a vaccine, this includes specialist practices and clinical dental technicians registered with the CQC.

"Dental professionals who work for an NHS trust will fall within the vaccination programme co-ordinated through their trust. Locum clinical staff employed by the



practice and non-clinical ancillary staff who may have social contact with patients but are not directly involved in patient care (e.g., receptionists and cleaners) are also included."

Information on the current situation is included on the COVID pages of our website www.badn.org.uk and updated whenever we receive new information.

BADN congratulates Diane Rochford on becoming BSDHT President

The British Association of Dental Nurses (BADN), the professional association for dental nurses in the UK, congratulates Diane Rochford on becoming President of the British Society of Hygiene and Therapy.

"On behalf of the UK's dental nurses" said BADN President Jacqui Elsdon "I should like to congratulate Diane on becoming BSDHT President; and I look forward to working closely with her as Presidents of our respective associations.

"BADN supports the BSDHT campaign for dental nurse support for all dental hygienists and dental therapists, and the two associations will continue to work collaboratively over the coming years. I should like to wish Diane every success in her new role.

"I have enjoyed working with outgoing President Julie Deverick over the last 12 months, and am sure that Diane will continue her good work on behalf of the BSDHT."

Janet Goodwin Memorial Fund launched to support the future of dental nursing

When former Oral Health Foundation President Janet Goodwin sadly passed away in October 2020 she left behind a great legacy. It is in recognition of this that the Oral Health Foundation have joined together with the British Association of Dental Nurses (BADN) to launch the Janet Goodwin Memorial Fund.

An influential figure within oral health, Janet spent much of her career championing the importance of education and the career development of dental nurses. It is for this reason that it seemed only fitting for a memorial fund be set up in her name to further that cause.

The Janet Goodwin Memorial Fund will support dental nursing students and registered dental nurses with bursaries for the development of their careers. For dental nursing students, this might take the form of financial help with their education, while qualified dental nurses can apply for support with post-graduate studies.

The Oral Health Foundation and BADN hopes the new series of grants can help provide much needed financial support for individuals pursuing a career in dental nursing.

Dr Nigel Carter OBE, Chief Executive of the Oral Health Foundation, believes the fund goes straight to the heart of Janet's work.

Dr Carter says: "I would like to think Janet would be really proud by a project like this. During her distinguished career, Janet battled hard for her profession and made fantastic strides in boosting the visibility of dental nursing amongst the profession and the public.

"Janet was a terrific ambassador for her fellow dental nurses and what better way to honour that than through a fund which will help dental nurses further their careers. By providing support for our future dental nurses, as well as current ones, this fund will help secure a stronger and brighter future for dentistry as a whole."

Janet was used to breaking down barriers during her career and was



passionate about improving the oral health of people up and down the country.

In 2015, Janet became the first dental nurse to be elected President of the Oral Health Foundation in the charity's nearly 50-year history. She also was the first dental nurse admitted to the General Dental Council. Always looking for new challenges, Janet was also Chair of the National Examining

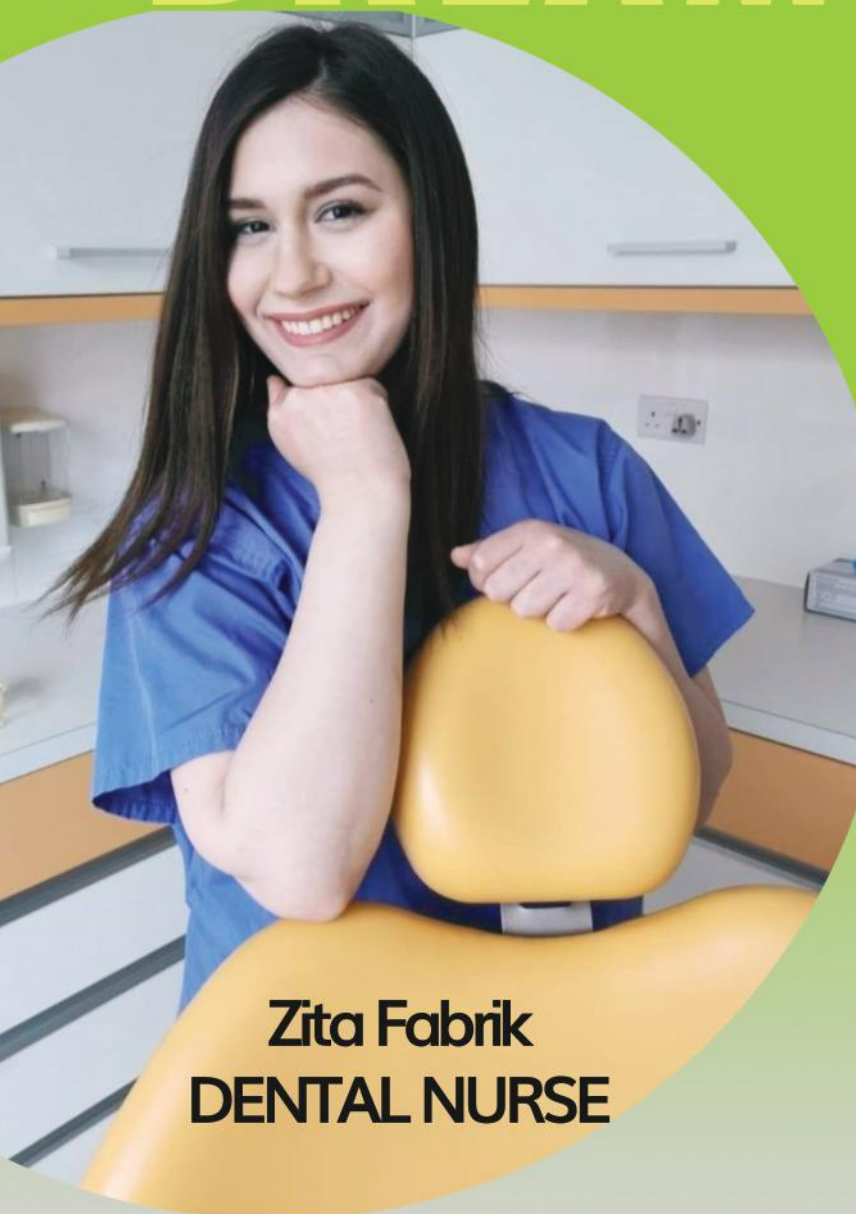
Board for Dental Nurses – on the second dental nurse to hold that position – and later employed by the NEBDN as Qualifications Manager.

Janet was a long-time active member, and Fellow, of the British Association of Dental Nurses and was also a recipient of their 'Outstanding Contribution to Dental Nursing Award'.

Jacqui Elsdon, President of the British Association of Dental Nurses, adds: "It is without doubt that Janet will be truly missed across the Dental community. She was a wonderful advocate for our dental nursing profession, particularly for dental nurse education and oral health care. I feel immensely proud to be part of the collaboration leading to the founding of the Fund in her memory. It will be a unique opportunity for dental nurses to begin or further their career in dental nursing and inspire a new generation."

To find out more about the Janet Goodwin Memorial Fund and to make a donation, visit www.dentalhealth.org/janetgoodwin.

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Dental nurse appointed dean

Health Education and Improvement Wales (HEIW) have announced the appointment of Kirstie Moons as HEIW Postgraduate Dental Dean.

Kirstie took up her position in January 2021 having been Joint Interim Postgraduate Dental Dean in HEIW. Previous to this she was Associate Director for Dental Team Workforce Development and Planning.

Kirstie has worked in dentistry in Wales her whole career since qualifying as a dental nurse in 1990. She has a long track record of working in Dental Education in Wales, in the Deanery and prior to this in Cardiff Dental School where she was involved in the education and training of all members of the dental team.

Until recently Kirstie was the Welsh Council registrant member on the General Dental Council, where she also Chaired the Policy and Research Board. She is a member of the Welsh Dental Committee and works closely with Welsh Government alongside the Chief Dental Officer to develop the team in dentistry within the reform programme and prior to this.

Kirstie will be building on the excellent work of her predecessors in the role and ensuring that the quality of education and training programmes for the dental team are maintained and strengthened and forging new relationships and collaborations and embracing opportunities to ensure the vision and ambition for HEIW is achieved.



Introducing a new wellbeing resource for the dental team

launched 18th January, the guide Wellbeing Support for the Dental Team has been created for all dental team members, including students and non-clinical roles.

It outlines how to assess your own mental health and wellbeing and provides resources for self-care, including the range of organisations available to support you.

The truth is, as dental professionals, we recognise the importance of mental health and wellbeing for our patients. However, we may not always recognise or prioritise our own mental health needs. Stress is common amongst the dental profession and is a key driver of burnout and mental ill health. These problems can affect individuals at any stage of their career.

For a variety of reasons, there has traditionally been a reluctance amongst the dental profession to speak about and seek support for their personal problems, including mental health.

It is time to put an end to that. There is strength, not weakness, in asking for help, and to that end, Wellbeing Support for the Dental Team, offers simple and practical step to know where you can find the support you need.

Simply visit www.supportfordentalteams.org to download your free copy.



Dentaid launches 32km virtual fundraising challenge

Dentaid has launched a 32km virtual fundraising challenge as demand for the charity's services continues to soar.

Supporters are being asked to run, cycle, walk or even skip 32km - either in one go or over several days - at home, in the garden or their local area. Everyone who takes part will pay a £40 participation fee, which includes a medal and a vital contribution to Dentaid's work, and no sponsorship is required.

"Sadly, the third lockdown has again hampered our fundraising programme but that doesn't stop you from joining in at home or as part of your daily exercise," said the charity's events fundraiser, Kelle Russell. "And since adults typically have 32 teeth, we thought that one kilometre per tooth was a great way to start this virtual fundraising challenge. Or it's 20 miles if that makes it sound more manageable!"



Since the pandemic hit, Dentaid has seen a steady increase in requests for dental clinics for homeless and vulnerable people across the UK. The charity's mobile dental units visit soup kitchens, night shelters and hostels with volunteers providing emergency dental treatments, oral cancer screening and dental health advice. Regular clinics are also

taking place at Dewsbury Dental Centre for vulnerable people in the community who are struggling to access dental care.

Although the pandemic means that Dentaid is unable to send volunteer teams to work alongside its overseas partners, the charity is continuing to fund outreach clinics and send equipment to dentists working in poor and remote locations. At New

Year, Dentaid's Ugandan associates treated 99 people and gave oral health advice to many more at clinics held in Iyolwa and Kiyeyi - an area that 20 miles away from the nearest dental services.

"We are determined to carry on our work - helping as many people as possible to access safe, emergency dental care and oral health advice," added Kelle. "Sadly, the latest lockdown again means that we've had to postpone fundraising events and make changes but the 32km challenge is a simple, safe and fun way for people to fundraise for Dentaid at this crucial time for our charity." To sign up and pay your £40 registration fee - which includes a medal - visit www.dentaid.org/fundraising.



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Safety, not activity targets, must be the priority

The Faculty of General Dental Practice UK (FGDP), College of General Dentistry (CGDent) and the Faculty of Dental Surgery of the Royal College of Surgeons of England have issued a joint message that safety must take clear priority over dental activity levels during the latest national coronavirus lockdown.

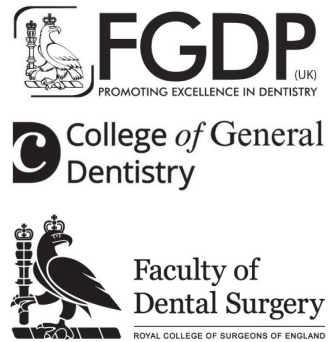
The leading dental organisations have also highlighted the continued applicability of their guidance, and reiterated the need to consider the prevalence of COVID-19, and local rates of infection, when carrying out risk assessments.

Ian Mills, Dean of the FGDP, said, "Many patients have been unable to access dental care for over a year, with their dental problems getting steadily worse, and oral health inequalities exacerbated by coronavirus restrictions. The dental profession is acutely aware of the present backlog of unmet dental need, which requires treatment as soon as possible. However, the recent imposition of UDA (Units of Dental Activity)-based targets in England to remedy this, just as the pandemic becomes worse than it has ever been, is at odds with the Government's message to 'stay at home to protect the NHS and save lives'. The dental profession has worked assiduously to create a safe environment for dental treatment to be delivered, but there are justifiable concerns that significant increases in patient throughput, in order to meet UDA targets, could potentially compromise staff and patient safety. The UDA was an ineffective measure of activity before the COVID pandemic, and we consider it even less appropriate now. Circumstances will vary by practice and by patient, but the priority should be on safety, the treatment of those with acute needs, and essential maintenance of oral health."

Matthew Garrett, Dean of the Faculty of Dental Surgery of RCS England, added: "Positive tests for COVID-19 and COVID-related deaths are at record levels, emergency departments and intensive care units are under

severe pressure, and hospital staff are stretched like never before. Dental teams have robust infection prevention and control protocols in place, which can reduce the risk of transmission if rigorously applied, but we cannot eliminate it altogether, not least given the risks inherent in patients travelling to appointments. Encouraging greater throughput at the present time may not be in the best interests of patients with routine oral health needs, nor does it support the NHS and the national coronavirus response. However, the public should be reassured that dental practices are safe places to visit if they need to access urgent care."

Mick Horton, Trustee of the CGDent, was the college's lead representative on the group which developed the FGDP-CGDent guidance, Implications of COVID-19 for the safe management of general dental practice. He commented: "The risk-based approach we set out in our guidance is adaptable to each national alert level, aiding the revision of practice protocols to ensure they remain appropriate over time. Though dental practices remain open in the latest national lockdown and patients are permitted to attend, the high prevalence and transmission rates of coronavirus at present, which underpin the rule to avoid non-essential travel, are important factors to consider in risk assessment. Practices which conclude that the responsible course of action at present is to postpone certain appointments should not be penalised for serving the greater good."



College of General Dentistry: New leadership and support

Nairn Wilson CBE, Honorary Founding President, College of General Dentistry

Just before Christmas, I was hugely honoured and absolutely delighted to be appointed Honorary Founding President of the College of Dentistry. The position of Chair of the Board of Trustees of the College, which I vacated to take up my new position, has been filled on an interim basis by Janet Clarke MBE. The Trustees plan to recruit a new Chair in open competition in the coming weeks. This appointment will be critical to the College in its formative years.

Concerning the tenure of my new position, I will be succeeded by the next Dean of FGDP(UK) when the Faculty becomes independent of the Royal College of Surgeons of England and joins the College on 1 July 2021, and the Dean of the Faculty becomes the first elected President of the College. The Board of FGDP(UK), which will become the nucleus of the founding Council of the College, will elect the next Dean of the Faculty/first President-elect of the College at its meeting in late February.

Given the induction of its first elected President, FGDP joining the College and the College opening its membership to all GDC registrants, past and present and suitably qualified oral healthcare professionals internationally on 1 July 2021, this is going to be a 'red letter' day for the College. The 'icing on the cake' may be the formal launch of the College on the same day, subject to any residual Covid restrictions. Dental nurses and other registered DCPs are already eligible to join the College as Associate Members. I would encourage you to take advantage of this opportunity and thereby be part of what is going to be an historic development in dentistry.

In the meantime, I am pleased to report that support for the formation of the College continues to grow. The College, at the time of writing, has 27 Founders and 39 Founding Contributors, three corporate donors and more than 50 supporting organisations, including seven existing Royal Colleges and a wide range of bodies in dentistry, including the BADN and BDA. Such support is most encouraging and important at this critical stage in the formation of the College. More support is being sought and will be of importance in making application to the Privy Council for the award of a Royal Charter – a priority for the College.



As you may imagine, a tremendous amount of time and effort, mostly on a volunteer basis, is going into preparing the College for its formal launch, including work on the College's innovative, fit for future purpose career pathways for all members of the dental team and, for example, on the formation of faculties for different categories of DCPs, including a Faculty for Dental Nurses. It is hoped to be able to establish the proposed faculties by the time of the formal launch of the College.

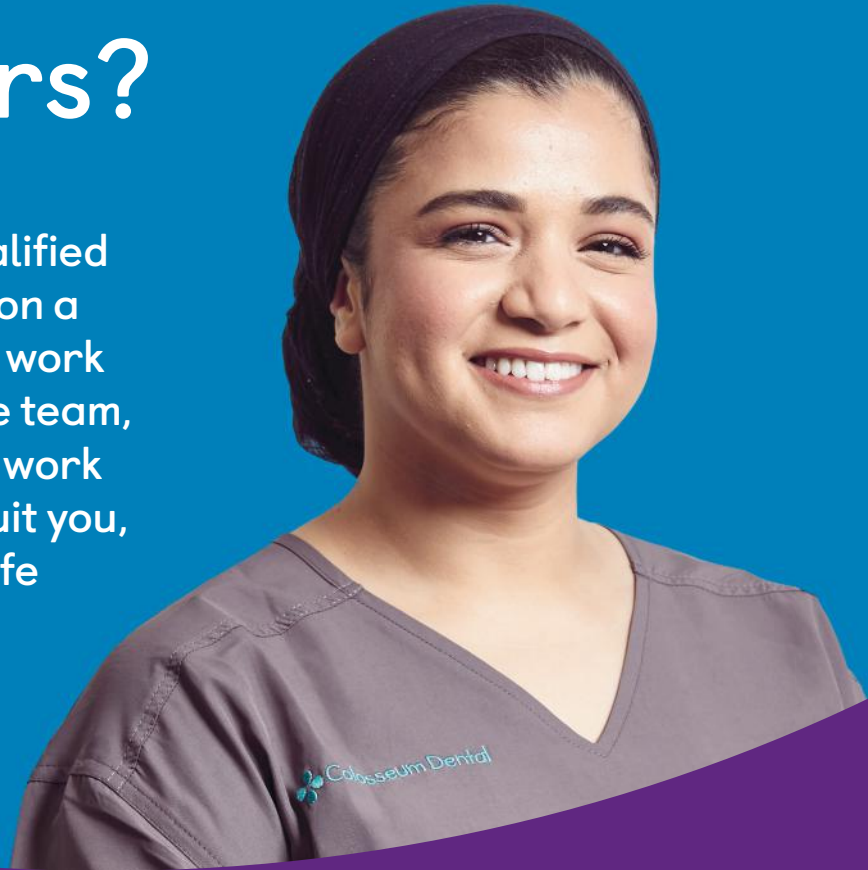
Watch this space for more updates on developments in the formation of the College – one of the most exciting and important developments in dentistry in living memory.



Orthodontic National Group Spring Study Day
The Orthodontic National Group will be holding their Spring Study Day via Zoom on 6th March.
Book your place now at
<http://eventbrite.co.uk/e/76120830453>.

Are you a dental nurse looking for flexible working hours?

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Diamond Dental End of Year Awards

As 2020 came to an end, we wanted to shine a light on Dental Professionals who had gone above and beyond for their team members, dental industry or their local community. It was lovely to receive such wonderful nominations for colleagues from all members of the dental team across the UK and in our live announcement, the out pour of supportive messages (from around the world) was incredibly encouraging to all involved.

Last year had been a challenging year for all. It seemed even more appropriate to focus on the positives, to highlight and share the stories of the professionals had made an impact to be a positive influence and we felt that those people deserve some recognition.

Our 2020 Recognition Award Categories & Winners are:

- Best Receptionist: Vanessa Cummings Le-Crass. Dental Essence
- Best Trainee Dental Nurse: Loredana Sava. Aura Dental
- Best Dental Nurse: Preetee Hylton. No.8 Partnership
- Best Treatment Coordinator: Danah Mapson. Cathedral Dental
- Best Dental Hygienist/Therapist: Cat Edney
- Best Practice Manager: Beverley Coker. Kings Dental Institute
- Best Associate Dentist: Dr Hassan Asad. @thebeardedtoothfairy
- Best Principal Dentist: Dr Tom Liu. Wallasey Village Dental Practice
- *Diamond Award*: Loraine Macintyre, Dental Nurse, East Surrey Hospital

The trainee dental nurse and dental nurse award winners also received a free year BADN membership.

FGDP(UK) Janet Goodwin DCP Award 2021



The Faculty of General Dental Practice (FGDP(UK)) is currently accepting nominations for their 2021 Annual Awards. This year, the new Janet Goodwin Award recognises the achievements of dental care professionals.

The Janet Goodwin Award is open to all GDC-registered dental care professionals. It recognises clinical skills, leadership by example and advocacy for the whole-team approach to dental care.

If you know someone who deserves national recognition, award criteria and nomination forms can be found at: www.fgdp.org.uk/news/fgdpuk-annual-awards-2021. Closing date is 1 March 2021.

Colgate Robin Davies DCP Awards 2020

Colgate is proud to support the Robin Davies Awards and under normal circumstances would celebrate and recognise the achievements of the awardees in person. Unfortunately, this was not possible for the 2020 awardees, so instead, a 20-minute videopresentation can be viewed here: <https://www.colgatecommunication.co.uk/robin-davies-awards-2020/>

Here is a look at the progress made by some of last year's winners:

The role of the dental nurse is effecting positive behaviour change in primary medical care settings, using risk driven personalised biofeedback to patients with diabetes and cardiovascular disease.

Anesha Patel, Research Dental Nurse

The preliminary phase of the study (planning, public engagement, and identification of a GP practice) was making good progress, but unfortunately this was halted as the pandemic struck. We remain hopeful to start again as soon as possible but will be largely dependant on when primary care medical practices resume a more normal service.

Periodontal disease and angiogenesis: identifying a modifiable risk factor for oral cancer.

Dr Louise Belfield, Lecturer in Biomedical Science Peninsula Dental School (Faculty of Health)

Current epidemiological data suggest that periodontal disease confers a higher risk of developing oral cancer. 45% of the population has some form of periodontal disease suggesting that oral health may represent a 'modifiable risk factor' amongst a large number of at risk individuals.

Funding has allowed us to initiate various lines of investigation, the data from which have been used to develop a larger project proposal to the Oral Cancer Trust (under review), formed the basis of two masters projects (one complete and one in progress) and a summer studentship, the preliminary results of which were presented at the BSODR. A manuscript for publication in a peer reviewed journal is being prepared.

As a Dental Nurse academic, the award has provided me with an invaluable opportunity to develop my research skills and to gain further

experience in supervision of post-graduate students as a principle investigator. Opportunities for DCPs to develop in this way are limited - I am extremely grateful to have received the award.

A pilot project to assess the acceptability and effectiveness of a dental walk-in clinic for homeless people at the University of Portsmouth Dental Academy

Janani Sivabalan, Clinical Teaching Fellow University of Portsmouth Dental Academy

This project will provide a dental walk-in clinic service for the homeless in Portsmouth where patients are able to receive preventive advice and dental treatment. We aim to deliver real community benefit with potential to further understand the impact of this dental health intervention for the homeless. It also provides an educational experience for undergraduate dental students, helping students progress into a workforce that better understands the needs of their patients.

In terms of progress the ethics submission has been completed and will shortly be completed but due to the pandemic, restrictions affecting student placement opportunities and limited clinical activity nationwide, we have been unable to proceed at this time. I feel fortunate that the University of Portsmouth was one of the first universities in the country to resume undergraduate clinical activity and the students are adapting to the changes well. I'm looking forward to progressing with the project when we are able.

The CLICK Study - Carious Lesions & Imaging with 10 Cameras in Kids

Laura Rose Brady, Dental Hygienist/Therapist and Nina Lord, Dental Hygienist/Therapist

Following last year's award the DCP's and broader team started developing a protocol and ethics application in anticipation of study start-up. Unfortunately, COVID has meant that we have not been able to continue as planned and, in consultation with the ODRT have put the project on hold and reassess viability early next year with a view to getting our research underway.

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Brush up on CPD



Hello 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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Brush 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 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 and log in.

Click on the 'CPD - Brush Up' tab.

The questions for this Brush Up will appear under 'Brush Up – The Probe February 2021'.

CPD questions – Health in mind and body during a pandemic

- 1) Approximately how many people live alone in the UK and were vulnerable to isolation and loneliness during lockdowns?
 - a) 6 million
 - b) 7 million
 - c) 8 million
 - d) 9 million
- 2) What is believed to happen when the C-tactile afferent is stimulated by touch?
 - a) Nothing
 - b) Oxytocin is released
 - c) People feel angry
 - d) It makes people cry
- 3) According to Public Health England, how much higher was mental distress in April 2020 compared to between 2017 and 2019?
 - a) 1%
 - b) 4%
 - c) 5%
 - d) 8%
- 4) Which demographic is more likely to report worsening of mental health?
 - a) Women and young adults
 - b) Women and older adults
 - c) Men and young adults
 - d) Men and older adults
- 5) According to the article, working from home, closed gyms and a generally more sedentary lifestyle may increase the risk of?
 - a) Happiness
 - b) Weight gain
 - c) Weight loss
 - d) Creativity
- 6) What are the roles of the dental professional as we continue to battle through the pandemic?
 - a) Dental advice
 - b) Emotional support
 - c) Signposting to mental health support services
 - d) All of the above

CPD Questions – The challenges of dementia

- 1) What is the most common type of dementia?
 - a) Down syndrome
 - b) Alzheimer's disease
 - c) Vascular dementia
 - d) Creutzfeldt-Jakob disease
- 2) What is the result of 'plaques' and 'tangles' severing the connection between nerve cells in the brain?
 - a) An increase in blood pressure
 - b) Loss of eyesight in the left eye
 - c) Poor blood supply to the vital organs
 - d) The death of these nerve cells and the loss of brain tissue
- 3) What part of the brain is often affected early on in Alzheimer's disease?
 - a) The thalamus
 - b) The hypothalamus
 - c) The hippocampus
 - d) The cerebellum
- 4) Aside from increasing age, what are the risk factors for Alzheimer's disease?
 - a) A family history of the disorder
 - b) Untreated depression
 - c) Lifestyle factors and conditions associated with CVD
 - d) All of the above
- 5) What treatment for Alzheimer's disease involves participating in exercises designed to improve memory and problem-solving skills?
 - a) Cognitive stimulation therapy
 - b) Dialectical behaviour therapy
 - c) Psychodynamic psychotherapy
 - d) None of the above
- 6) Which of the options below is a type of medication that may be given to dementia patients and can trigger xerostomia?
 - a) Antibiotics
 - b) Antidepressants
 - c) Antipyretics
 - d) Antiseptics.

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Brush Up on CPD

Hello and welcome to the latest issue of Brush Up on CPD. This section provides you with clinical features from which you can claim up to two hours of verifiable Continuing Professional Development (CPD), a mandatory part of registration with the General Dental Council.

Brush Up on CPD appears in *The Probe* throughout the year and represents eight hours of verifiable CPD. We hope you find the articles interesting as well as educational. If you would like to see articles on a particular topic, or want to give your feedback on Brush Up on CPD, email info@purplems.com.

IMPORTANT NOTICE

All verification certificates for Brush Up on CPD will be delivered online.

Visit www.the-probe.co.uk to register yourself and go to the 'CPD – Brush Up' page. The questions for this Brush Up will appear under 'CPD – Brush Up – *The Probe* November 2020'. Please read the articles carefully before answering the questions as you will only have two attempts to gain your certificate.

Article one: Health in mind and body during a pandemic

1. Approximately how many people live alone in the UK and were vulnerable to isolation and loneliness during lockdowns??
2. What is believed to happen when the C-tactile afferent is stimulated by touch?
3. According to Public Health England, how much higher was mental distress in April 2020 compared to between 2017 and 2019?
4. Which demographic is more likely to report worsening of mental health?
5. According to the article, working from home, closed gyms and a generally more sedentary lifestyle may increase the risk of?
6. What are the roles of the dental professional as we continue to battle through the pandemic?

Learning objectives

- To understand some of the risks to mental health during the COVID-19 pandemic
- To appreciate the risks to physical health in the pandemic
- To understand the diversity of the dental professional's role during this time

GDC Development Outcome: C

Article two: The challenges of dementia

1. What is the most common type of dementia?
2. What is the result of 'plaques' and 'tangles' severing the connection between nerve cells in the brain?
3. What part of the brain is often affected early on in Alzheimer's disease?
4. Aside from increasing age, what are the risk factors for Alzheimer's disease?
5. What treatment for Alzheimer's disease involves participating in exercises designed to improve memory and problem-solving skills?
6. Which of the options below is a type of medication that may be given to dementia patients and can trigger xerostomia?

Learning objectives

- To understand how damage to the brain can impact cognitive function
- To understand how dementia can frustrate oral hygiene efforts
- To understand the dental team's role in the overall care of dementia patients

GDC Development Outcome: C

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Health in mind and body during a pandemic



Learning objectives

- To understand some of the risks to mental health during the COVID-19 pandemic
- To appreciate the risks to physical health in the pandemic
- To understand the diversity of the dental professional's role during this time

GDC Development Outcome: C

We are living through truly unprecedented times that few people will have experienced before. Sadly, it is not just the rising death toll making its mark on global populations, with growing concerns for the potential short- and long-term health repercussions. While it is too soon to fully understand the impact on people's mental and physical health, early studies and anecdotal evidence may be useful in helping dental professionals deliver or facilitate effective patient support.

All in the mind

The pandemic – including many of the measures implemented to protect the population and prevent the virus from spreading – will have had an enormous impact on people's psychological wellbeing.

When households could not mix and social distancing was in place, the more than 8 million people living alone in the UK will have been vulnerable to total isolation. Links between feelings of loneliness and depression have already been established, and as loneliness is often felt more by those who crave more connection than they receive (it is not simply being alone), it follows that forced

isolation could have caused mental health issues for many people.

Even when individuals could meet with someone outside the home, social distancing will have significantly limited the amount of physical contact possible. There are several potential consequences of this on mental wellbeing. For example, it has been suggested that when the C-tactile afferent – a touch-sensitive nerve – is stimulated, oxytocin is released by the brain. No touch could mean fewer feelings of love or contentment. Physical touch from another person has also been associated with stress-reducing affects, as well as reductions in heart rate. Even increased use of video calling technologies will not have provided a substitute here.

So, how did the UK fare? Though it is still too soon to paint a complete picture, initial studies have been conducted. On-going research by Public Health England found that mental distress among participants was over 8% higher in April 2020 than it was between 2017 and 2019. Following general trends, young adults and women were more likely to report worsening of mental state than older adults and men.

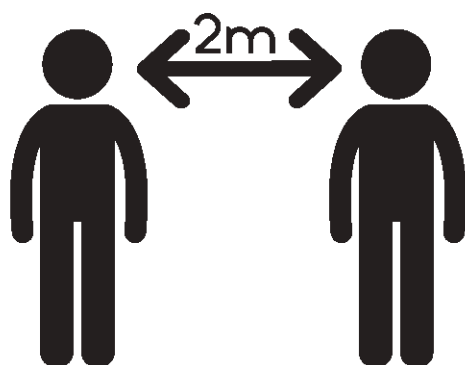
Another study found that almost one in

five UK adults experienced some form of depression during the pandemic, which had nearly doubled since before all this began. The demographics most likely to report depressive symptoms remained consistent as women and young adults. In fact, perhaps one of the most worrying areas for mental health decline was among children. It has been suggested that sleeping pill prescriptions for under-18s rose by 30% between March and June 2020, with significant increases in enquiries about eating disorder services as well. In addition, the Place2Be charity reported child self-harm and suicide ideation to be major concerns during the pandemic.

Getting physical

The links between mental and physical health (including oral health) are well established, meaning that the aforementioned possible psychological decline may have had a physical impact on many people during this pandemic. Aside from this, restrictions on leisure centres, gyms and other facilities used for exercise will have had further consequences. The majority of the 10.4 million people – that's one in seven – that belong to a UK sports club will





have had to adapt their exercise habits. The temptation to eat and drink more while working from home, as well as the more sedentary lifestyle many people adopted, will have likely increased the risk of weight gain as well. While research into such topics is in process, at time of writing, it is too early to know exactly how many UK people have been affected by these factors.

Another concern that requires attention is whether such behaviours could impact long-term habits. A US study suggested that these short-term changes to physical activity could lead to permanent behaviours among children, increasing the risk of obesity, diabetes and cardiovascular disease in later life. We are yet to see if this applies to the UK population, but it is encouraging that a high level of physical activity was observed among UK participants during the 2020 summer lockdown.

In addition, it is important that we better understand how prolonged time spent indoors over the last year could affect long-term health. Reduced vitamin D is one potential concern, as is the impact of

less exposure to different microorganisms on our immune system.

Of course, we haven't even touched on the health outcomes for those who have contracted COVID-19 in this article. We are still learning about the short- and long-term impacts of the virus, though it will undoubtedly have affected both the physical and psychological wellbeing of sufferers and their families in some way.

More than a dental professional

On a personal level, we all have a role to play in keeping ourselves and those we love safe. Virtual communication or socially distanced meetings where allowed will have given isolated relatives, friends and colleagues an opportunity to interact. At times, it was also possible to meet with someone outside the household for a walk or exercise, again enabling people to engage with others and maintain their mental and physical wellbeing at the same time.

As a dental professional, it is more important than ever that the advice and guidance you provide patients is tailored to their individual situation. They need all the support you can offer to maintain

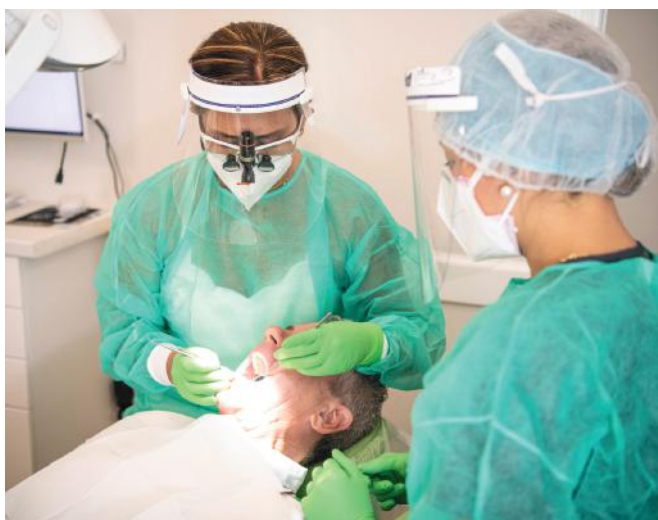
dental caries and periodontitis. Trusted yet simple solutions like Arm & Hammer™ Enamel Repair™ daily toothpaste can facilitate plaque removal around the gumline for peace of mind. Its patented Arm & Hammer™ Liquid Calcium™ technology also fills tooth crevices to help restore tooth enamel and protect against acid erosion.

However, your role will be much more involved than simply providing dental advice and treatment. With dental practices remaining open during the latest national lockdowns, patients will likely have appreciated the continuity of care. They might look to their appointment as a highly-anticipated opportunity for social interaction, as well as a source of emotional support. The dental team is also well placed to notice when patients are really struggling with practical activities or with their mental wellbeing. Speaking to these individuals and signposting them to external services that can provide much-needed support could make an enormous difference to their quality of life as we continue to battle this pandemic.

Despite the continued uncertainties, there is light at the end of the tunnel as people become accustomed to our new way of life and with the on-going development and roll-out of a vaccine. Though we can't yet assess the impact on our mental and physical health, we can mitigate the risks by adopting healthy behaviours and helping others to do the same.

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their oral and general wellbeing, giving them one less thing to worry about at a highly distressful time. This means reviewing and refining their brushing technique and ensuring they have clinically proven products that will help protect them from oral diseases like

The challenges of dementia

Learning objectives

- To understand how damage to the brain can impact cognitive function
- To understand how dementia can frustrate oral hygiene efforts
- To understand the dental team's role in the overall care of dementia patients

GDC Development Outcome: C

There are approximately 850,000 people in the UK living with dementia, representing 1 in every 14 of those aged 65 years and over. Due to accelerated population aging, it is estimated that the number of people with dementia will increase to 1.5 million by 2040. The total cost of care for dementia patients is also expected to rise sharply over the next two decades from £34.7 to £94.1 billion, with the largest proportion of this cost accounting for social care.

These figures are significant given that dementia is one of the main causes of disability in later life, ahead of cardiovascular disease (CVD), stroke and cancer. As the number of older people increases with the incidence of dementia, more dental teams are likely to encounter oral health problems

among those that develop this disorder. The experience of dental professionals in providing oral care for these patients and the extent to which they understand the nature of dementia are vital to ensuring the most appropriate support is provided.

What is dementia?

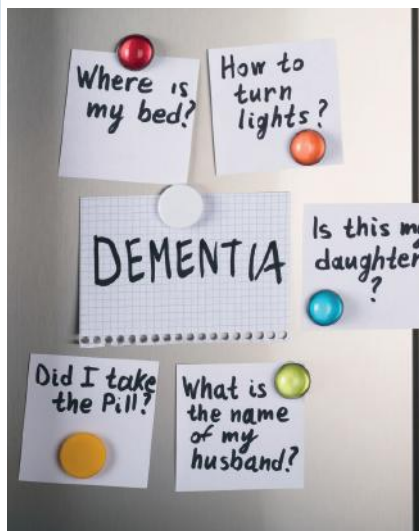
Dementia describes a group of symptoms that occur with an on-going decline of brain function, thus affecting memory, thinking skills and other mental abilities. People with dementia may also experience changes in their mood or behaviour. These changes are often small to begin with, but eventually become severe enough to affect daily life. Dementia is the result of damage caused to the brain by various disorders that tend to be progressive, degenerative and irreversible.

Alzheimer's disease is the most common type of dementia, affecting between 50–75% of those diagnosed.

The brain is made up of billions of nerve cells that connect to each other. In the brain of someone with Alzheimer's disease, two different proteins known as amyloid and tau build up around and within brain cells, forming abnormal structures called 'plaques' and 'tangles'. These structures sever the connection between nerve cells, eventually resulting in the death of these cells and the loss of brain tissue. In Alzheimer's disease patients, there is also a decrease in neurotransmitters, which are involved in sending messages between brain cells.

Alzheimer's is a progressive disease, meaning that gradually, over time, more parts of the brain are damaged and as





this happens, more symptoms develop and worsen. Although the symptoms that patients experience depend on the areas of the brain that have been damaged, the hippocampus is often affected early on in Alzheimer's disease. This is the part of the brain responsible for day-to-day memory function, which is why difficulties recalling recent events and learning new information are recognised as some of the earliest signs of Alzheimer's disease.

The exact cause of Alzheimer's disease is not yet fully understood, but there are a number of factors thought to increase development risk. These factors include increasing age, a family history of the disorder, untreated depression, as well as lifestyle factors and conditions associated with CVD. Sadly, there is no cure for Alzheimer's disease, but various medications can be prescribed to temporarily help improve some symptoms. Other treatments can also support dementia patients in maintaining their quality of life for as long as possible, including cognitive stimulation therapy, which involves participating in exercises designed to improve memory and problem-solving skills.

The oral health impact

As dementia progresses, the decline in cognitive function and motor skills can reduce the affected individual's ability to take care of themselves, including performing effective oral hygiene on a daily basis. Dementia patients may also be given various medications to help with mood control, to treat systemic illnesses prevalent in the older age group, and to slow cognitive impairment. These medications can include anticholinesterases, antidepressants, antipsychotics and anxiolytics, which can trigger xerostomia (dry mouth) and associated complications such as dental caries.

One study found that the more severe an individual's dementia, the more likely it was that they would develop oral health problems, including an increased prevalence of caries. There is clear evidence that periodontal disease is also prevalent in dementia patients, with gingival health declining as dementia worsens. Ideally, dental professionals should be part of the multidisciplinary care team for dementia patients, so that oral care, preventive strategies and treatment options can be planned throughout the dementia process, thereby preventing crisis management in the final phase of the condition.

An assessment of the patient's ability for self-care in oral hygiene and co-operation with recommended dental treatment is vital from the point a dementia diagnosis is made. Assessments should then be repeated at agreed intervals when there are changes in the progression of dementia, medication usage and/or diet. As a dementia patient becomes less able to remember and carry out daily activities such as oral hygiene, additional support will be required. In order to help such patients optimise their oral care routine as much as possible, clinicians can recommend the use of products designed to make toothbrushing and interdental cleaning easier to perform.

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technology. This easy-to-use device is clinically proven to be twice as effective as traditional toothbrushing and flossing for improving gingival health.

The progression of dementia can ultimately affect an individual's ability to look after their teeth and gums, which can lead to an accelerated incidence of oral disease and, thus, a detrimental impact on general health. This underscores the importance of the dental team's role in the overall care of people living with dementia. An empathetic yet strategic approach to the dental treatment of dementia patients is essential in order to effectively support such individuals in maintaining good health, self-esteem, dignity and confidence for as long as possible.

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An opportunity for change

The impact of the pandemic has been far reaching, touching everybody's lives in one way or another. The National Examining Board for Dental Nurses (NEBDN) has been working hard to ensure it can continue to support trainee and qualified Dental Nurses with their professional development during these very challenging, and often uncertain times.

No one could have imagined back in March 2020 how an enforced national lockdown would change the way that many organisations would need to operate for the foreseeable future. NEBDN is no exception, with a face to face, paper based, exam delivery model, it has been necessary to quickly adapt to new ways of working (from home) and introduce new systems and processes to support the effective transition to delivering online examinations.



**National
Examining
Board for
Dental Nurses.**

New ways of working

Dental nurse students were asked at the start of May if they were interested in sitting their exams sooner online, rather than waiting to join the later cohorts sitting in November 2020 and January 2021. The response was overwhelmingly positive! There were regular discussions with key stakeholders - including the GDC about how this could be achieved, with a primary focus on maintaining the high standards NEBDN prides itself on, as a leading provider of dental nursing qualifications. In July 2020, the first online written examinations took place.

In order to prepare for the new online exam process, candidates were given the opportunity to participate in a practice exam session. They could download and log into the new software, review any supporting guidance and complete a range of exam questions prior to their actual exam day. This meant that most technical issues could be identified, raised, and addressed before the online exam was taken and the team at NEBDN were able to consider and quickly implement any necessary improvements to the new processes.

The response from all key stakeholders to the first online written exam was very positive. NEBDN then adopted a similar approach to the Post Registration qualifications and was able to successfully provide all their Post-Registration exams in September and a second National Diploma written exam in November online, ensuring trainee and registered dental nurses had the opportunity to qualify despite the challenges of the pandemic.

Online OSCEs

One of the biggest challenges NEBDN has faced in recent months has been the need to develop a way of running the Objective Structured Clinical Examination (OSCEs) online. These assessments require students to demonstrate the practical application of their knowledge in a clinical setting. During the exam the student attends 10 or more 'stations' using scenario-based questions to undertake tasks which are completed in a strict five-minute timeframe. The OSCEs are usually held in several centres across the UK on the same day and would require a lot of large-scale, face-to-face interaction – something which was not possible in a national lockdown.

Some creative thinking has been required to develop an online assessment that captured the essence and robustness of a face-to-face OSCE, but which could be completed in a Covid safe way. The answer was to use Zoom, a web-based video conferencing application that allows users to meet online. Trainee dental nurses were invited to attend a Zoom call, facilitated by an examiner, in which they were required to answer a series of scenario-based questions that were recorded for marking purposes. The topics covered ranged from providing post-operative advice to a patient, to describing the necessary steps to complete a procedure with a dentist. After answering these questions, students were required to log in to an OSCE workbook, using the same software as the written exam, to answer additional questions, for example: putting the steps of a process in the right order and identifying the correct instruments for a procedure.

The first online OSCEs were held in September, enabling trainee dental nurses to sit their exam from the safety of their home or workplace.

We are pleased to report that 89% passed the online OSCE exam, which is the second highest pass rate since 2018 and a testament to the hard work of our course providers and their students.

Future focus

Moving from a paper-based process to 100% online exam delivery to enable continuity of studies during the pandemic has not been easy. However, the support that has been received from colleagues, candidates and course providers has made it possible to overcome any technical, operational, or logistical challenges that have been encountered along the way.

In these unpredictable times it is this combined effort, creativity and flexibility that has enabled NEBDN to continue to fulfil its mission: "To deliver a dental workforce to meet the changing oral health needs of the UK population."

NEBDN still continue to operate business as usual remotely, and further information on exams or qualifications can be found on their Facebook and Twitter social media platforms, and their website www.nebdn.org.





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* Source: A survey of 201 dental hygienists in the UK, Ipsos, (2019).

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A round-up of recent Catch Ups



BADN, the UK's professional association for dental nurses, is continuing with its hugely successful monthly "Coffee Catch Ups" for dental nurses.

Held on the last Saturday of every month at 3pm, the Catch Ups are designed to give dental nurses a chance to network, chat with and ask questions of BADN President Jacqui Elsdon, Executive Committee members and staff, and to be kept up to date with new developments. The Catch Ups also offer 30 minutes of verifiable CPD.

October's speaker was Jennifer da Silva of Parliament Hill, providers of "BADN Rewards", BADN's membership benefits scheme. Jennifer outlined the benefits available to BADN members under the scheme and explained how to make best use of them – it is estimated that BADN members can save around £529.73* each year using the scheme's special offers and discounts on insurance, shopping, white goods, magazines, energy suppliers, Apple products and, in happier times, travel, holidays, days out, cinema visits, etc. The scheme also includes a Legal Helpline, for initial legal advice, and a Health & Wellbeing Hub with a counselling/support helpline, articles on physical, mental and financial health, and activities. Jennifer also gave details of the TOTUM PRO card, the discount card that offers BADN members fantastic savings on 250 UK brands online and on the high street. As part of a limited time offer, BADN members can pick up a 3 years TOTUM PRO membership for just £24.99 (saving BADN members £10.00 over RRP*).

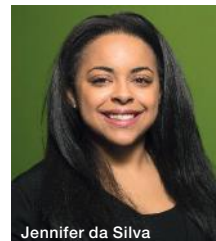
November's speaker was Sharon Brennan, of CFC Underwriters, providers of BADN's indemnity scheme, who explained what indemnity actually is (medical malpractice and legal expenses cover), why dental nurses need it, the difference between insurance cover and discretionary cover, why so-called "crown indemnity" isn't enough and current market conditions.

"Very useful recap on indemnity and a good chance to share problems and experiences related to this subject."

"Thank you for organising the indemnity topic with guest speaker Sharon Brennan - really helpful, interesting and important topic for me. Discussions through the meeting were absolutely helpful as well - Forgot to say how much fun I had watching the coffee video and with the quiz .. Thanks!"

"Thank you for the Coffee Catch Up session it was great! The presentation was very informative and useful.

"I've done so much cpd over the years and attended courses, study days and webinars but never had one on indemnity insurance before. What a great topic. I found it very helpful and took lots of notes. The speaker was very informative and I've come away reassured. I've told others about this



Jennifer da Silva



Sharon Brennan



Tracy Stuart

webinar and they can tell that I got a lot out of it too. Thank you very much."

"once again a big thank you for hosting the Coffee Catch Up for dental nurses on Saturday 28th November. It was a really enjoyable afternoon, great to have the opportunity to chat with you all! Good presentation, useful subject and great company!"

"Both the content and the presentation of the CPD course on Indemnity, given by Sharon, were concise, enjoyable and relevant to my position. The Q & A session was unhurried and able to answer any concerns there might have been on this involved subject . An enjoyable couple of hours."

"I really enjoyed the coffee morning and found everyone very friendly, I'll look forward to the next one."

"The event Coffee Catch Up was so delightful, I was really impressed. Thanks for the 10% discounts on coffee you sent to me. I'm really looking forward to joining on the next event. "

The December Catch Up – on the last Saturday before Christmas – featured motivational speaker and teambuilding guru Tracy Stuart. Tracy is highly respected as a successful Dental Business Coach & Dental Team Trainer within the UK Dental Profession. The sole purpose of her company, NBS Training, is to mentor and coach dental practice owners and their dental teams. Her success lies in escalating the dental teams' effectiveness and performance through enhanced leadership skills and bespoke personal development plans. Tracy is renowned for successfully transforming groups of individuals into highly engaged dental teams with accountability to drive dental practice results through behaviour. She is also a regular contributor to the dental press and is a frequent speaker on the UK dental conference and seminar circuit.

Attendees at the December Catch Up were invited to wear a Christmas jumper or outfit, with a prize given for the best ensemble.

The Catch Up events are open to all dental nurses and are free of charge; however places are limited. A wide-ranging programme is planned for 2021. For more information, and to book a place, go to www.badn.org.uk or contact events@badn.org.uk.

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BADN Rewards gives you access to a range of benefits and discounts designed to support members both personally and professionally. Winter's highlights include:

Free telephone legal helpline

Everyone will require legal assistance at some point in their lives. If you are purchasing a property, involved in an accident, setting up a business or trying to ensure that you've made adequate provision for those closest to you, a discussion with a legal advisor would be an excellent first step.

Recognising this need, we have partnered with Lyons Davidson Solicitors and added legal services to our range of member benefits.

As a member, the telephone legal helpline is free for you to use.

Lyons Davidson's team of legal advisors are available whenever you need them and are able to discuss legal queries you may have. Offering straightforward and friendly legal advice, they are there to help you find practical legal solutions that you can implement yourself where possible.

If you need a lawyer to act for you, the legal advisors will put you in touch with one of Lyons Davidson's specialist teams to discuss how they can help and what any charges will be.

To speak to the legal helpline team please call 01752 300 584, quoting BADN. You may also be required to provide your membership number.



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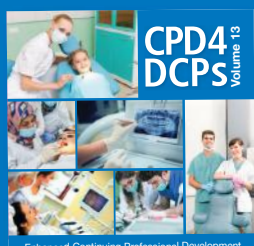
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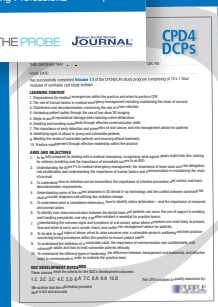
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