

PRICE £4.99 | VOLUME 85 EDITION 4 | AUTUMN 2022

British Dental Nurses' JOURNAL®

The Journal of the British Association of Dental Nurses



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Edinburgh Faculty of Dental Surgery 40th
Anniversary Dinner

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Membership Subscriptions:

Full Members – £35

Retired Associates – £25

Overseas Associates – £45

Student e-Associates £10

Associates – £40

Journal Subscriptions:

£120 per annum (UK institutions only)

£150 per annum (overseas institutions only)

Printed by Buxton Press Limited

ISO14001 certified

© British Dental Nurses' Journal

Published by Purple Media Solutions

Registered in England.

Registered number 5949065

The British Dental Nurses Journal (BDNJ) is published by
Purple Media Solutions Ltd on behalf of the British Association

PURPLE

of Dental Nurses (BADN). The BADN has sole responsibility
of the editorial content of this magazine. Any comments or
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the executive editor.

From your President Elect



I would like to introduce myself...

I am Debra Worthington, President Elect of the British Association of Dental Nurses. I will begin my Presidency at the Annual General Meeting, to be held in London on 22 November (see page 4 for details), and my tenure will last for two years.

I have been a dental nurse for 42 years, working in General Dental Practice, Community Dental Service and Secondary Care. I have post registration qualifications in Conscious Sedation, Radiography, Oral Health and Orthodontics. I also have qualifications in Leadership and Management and recently completed the NHS Senior Leadership qualification.

I work for Bridgewater Community Healthcare NHS Foundation Trust, where I am the Head of Dental Operations for the North East sector of Greater Manchester. Prior to this, I was the Maxillofacial Unit Manager at Salford Royal Hospital – a busy unit comprising of maxillofacial surgery, oral surgery and orthodontics.

I have been a member of the Orthodontic National Group since its inception in 1994 and was a committee member for 21 years. I am the Immediate Past President of the Group.

I work at both a local and national level, representing dental nurses and orthodontic therapists at Stakeholder meetings that include the GDC, the BDA and the College of General Dentistry. I was part of the working group for Advancing Dental Care, which has recently been published.

I have already represented BADN at many meetings and have, of course, attended meetings of the BADN Executive Committee.

I am looking forward to working with like-minded DCP groups and will use my Presidency to further increase the profile of dental nurses by representing our profession at a national level.

Earlier this year, the GDC held a consultation regarding its strategy for the next 3 years, which included a proposed increase in the ARF for dental nurses of 5% to £120 a year. BADN of course took part in this consultation process and made it very clear that such an increase would cause considerable financial distress to the majority of dental nurses – the lowest paid members of the dental team – and cause even more dental nurses to leave the profession. As there are already immense problems with the recruitment and retention of dental nurses, particularly in general practice, this would have a devastating effect on the delivery of oral healthcare in the UK. Although we did not achieve a lowering of the ARF for dental nurses, the GDC have at least abandoned plans to hike up the ARF for dental nurses (and for all DCPs) and it will now remain at £114 per year for 2023. The ARF for dentists has been increased by 1.5% to £690 per year.

Apparently this has been made possible by the GDC "tightly managing costs and absorbing, where possible, the impacts of inflation" – something BADN has been doing for the last few years!! Perhaps the GDC has finally, if not actually entered, at least taken a look into the real world outside its ivory tower!

I look forward to meeting as many dental nurses as possible during my two years as President!

Debra Worthington
President Elect

Follow us on Twitter... @BADNUK www.facebook.com/badn1

BADN 2022 Annual General Meeting

The AGM will be held at the Naval & Military Club, 4 St James's Square, London on Tuesday 22 November at 3pm; and via Zoom. Current members wishing to attend in person or via Zoom can click the link in the e-newsletter or forward their details to events@badn.org.uk. The Agenda and supporting documents will be available in the members' area of the BADN website www.badn.org.uk from mid-November. Attendance at the AGM is free of charge to current members.

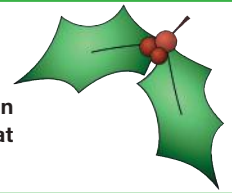


At the AGM, President Jacqui Elsdon will hand over the chain of office to President-elect Debra Worthington.

The AGM will be followed by an (optional) Afternoon Tea at the Club, price £27 per person. Anyone wishing to attend the Tea may book at the same time as booking their place at the AGM.

Christmas Opening Times

The BADN office will close at midday on Friday 23 December 2022 and re-open at 9am on Tuesday 3 January 2023.



BADN Coffee Catch Ups

These are held on the last Saturday of each month (exc December, July and August) at 3pm via Zoom. Details of each CCU are contained in the e-newsletter distributed early that month (if you are not signed up for our e-newsletters, please do so from the website www.badn.org.uk). Attendance is free of charge and each CCU offers one hour of verifiable CPD.



GDC approves three-year strategy and confirms 2023 ARF

Following a public consultation earlier this year, the Council of the GDC has today approved the regulator's strategy for the next three years. In so doing, the GDC also set the Annual Retention Fee (ARF) level for 2023 amidst considerable economic uncertainty. The ARF will be £690 for dentists (an increase of 1.5%) and £114 for dental care professionals (no increase).

The rise for dentists is far below the 10.1% rate of inflation (CPI, 12 months to September 2022) and the ARF level for both dentists and dental care professionals is lower than the GDC indicated when it consulted on plans in the summer. The lower-than-expected rates were achieved by the regulator tightly managing costs and absorbing, where possible, the impacts of inflation, as it committed to doing when it set out its expenditure plans.

In the context of such uncertainty, Council has set fees at a level that ensures the GDC can continue to fulfil its statutory role of maintaining patient safety and public confidence, while sensibly managing the financial risks caused by high and volatile inflationary pressures.

GDC Chair, Lord Toby Harris, said: "I'd like to thank everyone who shared their views with us on our plans for the next three years. We have listened to that feedback and look forward to publishing our final strategy in the coming months. Some of that feedback related to the fees we charge, and we're really pleased to have been able to further challenge our own costs and deliver a lower ARF for dental professionals in 2023 than we initially forecast."

In the consultation on its strategy, the GDC warned that due to high and sustained inflation it may need to increase the ARF in 2024 and 2025. While this does mean less certainty over the coming years in relation to the level of the fee, this approach enabled the GDC to make a prudent provision for inflation whilst keeping 2023 costs as low as possible for dental professionals. If further rises due to inflation are necessary, the regulator commits to limiting these to the rate of inflation at most, while continuing to challenge its own costs.

Dentistry Stands With Ukraine

We are all of us witnessing on all media outlets the truly horrific scenes of death and destruction perpetrated by the Russian army upon civilians in the war in Ukraine. There is clearly a massive, urgent need for vital humanitarian and medical aid for the victims of these unprovoked atrocities.

The war in Ukraine has also drastically affected provision of Dental Services throughout the country, not only in areas affected by actual conflict but also in the wider territory because of the displacement of the population. Dentistry Stands With Ukraine, set up by retired dentist Leo Jurkiw, is trying to address this need.

This organisation has a proven track record of delivering goods into the war-torn country, as demonstrated by its delivery to Vinnytsia and the recent dispatch of dental goods valued at over £87,000 donated by Prima Dental, the world leading manufacturer of dental burs based in Gloucester.

However, the need is ever-present, with requests coming in almost daily from dentists whose lives have been devastated by the war, but who refuse to abandon their posts and their patients. Dentists like Valeriy Brahynets from Chernihiv, north of Kyiv (near Chernobyl), who recently sent in the accompanying photographs of his surgery...

Dentistry Stands With Ukraine desperately wants to help, but can only do so with the support of the dental community in the UK.

Please help your colleagues in their time of need by making a financial donation to the organisation's JustGiving page:

www.justgiving.com/crowdfunding/dentistry-standswith-ukraine

or to donate equipment or materials please contact:

dentistry.standswith.ukraine@outlook.com

More information about our efforts can be obtained from Dentistry Stands With Ukraine's Facebook page:

<https://www.facebook.com/groups/dentistry.standswith.ukraine>

or in the series of "War Dentist" articles published online at:

<https://dentistry.co.uk/tag/leo-jurkiw/>



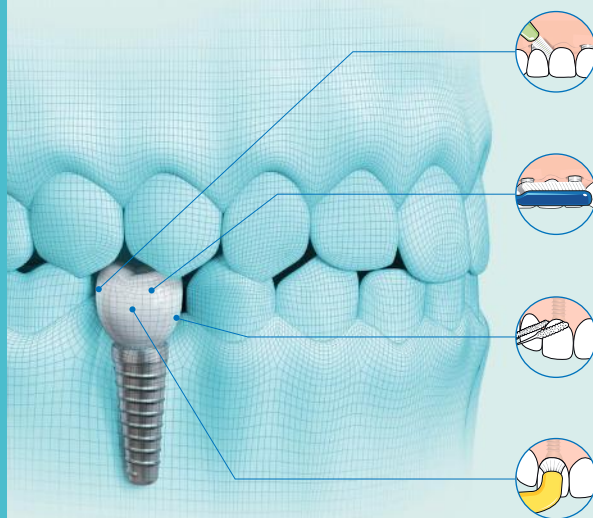
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Owner and Decontamination Specialist



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Link available below or access via
Orthodontic National Group
facebook page

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This event will be sponsored by ISFY, they manufacture Anaqua range of orthodontic instruments that have a one & five year warranty for your total peace of mind.

Better access to NHS Dental Services under new reforms

Patients across the country will benefit from improved access to dental care under changes announced by NHS England in July.

New reforms to the dental contract – the first in 16 years – mean NHS dentists will be paid more for treating more complex cases, such as people who need three fillings or more.

Dental therapists will also be able to accept patients for NHS treatments, providing fillings, sealants, preventative care for adults and children, which will free up dentists' time for urgent and complex cases.

To make services more accessible for people, dentists must update the NHS website and directory of services so patients can easily find the availability of dentists in their local area.

High-performing dental practices will have the opportunity to increase their activity by a further 10% and to see as many patients as possible.

In March last year, the Government asked NHS England to lead on the next stage of dental system reform to deliver better outcomes for patients and better support dentists.

The new reforms will ensure that dentists, who are operating at full capacity for the first time in two years, will be able to recover dental services following the impact of the pandemic.

Chief Dental Officer for England Sara Hurley said: "The NHS is determined to overhaul dental provision, with a focus on increasing access to necessary dental care and supporting prevention, today's reforms are the first step on that journey.

"NHS dental staff are working hard to recover services, but the key to delivering this will be reform – these changes announced today will help teams carry out even more treatments and help address the inevitable backlogs that have built up during the pandemic.

"Anyone with concerns about their dental health should contact their local dentist as they usually would or seek advice from NHS 111.

"Infection prevention and control measures to protect staff and patients were introduced during the pandemic, limiting the number of procedures that NHS dentists could carry out."

"NICE guidance states that dental teams should see patients for an oral check-up based on their health risk which can be once every two years instead of every six months – this will ensure appointments are given to those most in need."

Health and Social Care Secretary Steve Barclay said: "Improving patient access to NHS dental care is a priority and these changes are an important step, while also rewarding dentists more fairly for providing more complex care, allowing the best performing practices to see more patients and making better use of the range of professionals working in the sector such as nurses, hygienists, and dental therapists.

"The NHS commits around £3 billion to dentistry each year and we provided unprecedented support, including £1.7 billion, during the pandemic to protect teams and patients by paying dental practices for the work they would normally have carried out if it were not for Covid regulations.

"The NHS published six aims of dental system reform which have been endorsed by the British Dental Association and the NHS continues to work with the sector to reform NHS dentistry.

"NHS England will now move towards the next phase of engagement to introduce wider reforms that benefit patients and staff."

Jennifer Owen, NHS practice principal in Gateshead and Chair of the Gateshead & South Tyneside Local Dental Committee, commented: "I think these changes are a positive step in the right direction. The increase in UDAs for Band 2 treatments will help dentists dedicate more time to those who need it most and lifting the cap on performance will mean that NHS practices can increase capacity and allow more NHS patients to be seen."

Ravi Singh, NHS dental practice owner in Greater Manchester, added: "It is good to see the NHS valuing clinical engagement and dealing with the real issues in dentistry. These changes recognise the call for a payment system which reflects the needs of the patient and the time taken to provide the appropriate level of care. The barrier of therapists being unable to open an NHS course of treatment has also been resolved leading to a greater application of the theory of skill mix and practices have a new opportunity to grow."

Straumann Charity Bike Ride 2022 raises over £80k

The Straumann Charity Bike Ride 2022 was a resounding success. More than 50 riders travelled to Spain to cycle 500 miles across the north coast. The event has so far raised more than £80,000 for Dentaids, who will be using the money to purchase new equipment.



Jill Harding, Dentaids Communications Director, commented: "It's been an incredible event to be a part of. The money raised is going towards a new dental unit, which will be our sixth in the UK, and a new vehicle. Both of these are essential for the work we do because we are receiving an increasing number of requests for clinics across the country – there have been 35 new requests in just the last few weeks. To meet this need we have to increase capacity and the funds raised by this bike ride will enable us to do just that.

"The event itself looked amazing – I met the riders at the finish and it was fantastic to see the comradery between them all. Everyone said how well organised it was by Straumann which is a credit to them."



Andy Evans, Dentaids CEO, participated in the bike ride. He added: "It was an amazing journey with a group of fantastic riders. We had to spend a long time in the saddle to cover the miles and it was a delight to do so with such lovely people who worked together to raise so much money for Dentaids. The route and the scenery were incredible and I really enjoyed it. I can't thank Straumann enough for the organisation that went into the event."

Any final donations are very much welcome at <https://www.justgiving.com/team/Dentistsinlycra22>

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With over 70 clinics in great locations, why not take a look to see where your career with Colosseum could start?

Call Gillian today for an informal chat on 07702 846819.

Dentistry Show London 2022

BADN had a stand at the Dentistry Show London, at ExCel on 7 and 8 October 2022, manned by Chairman Joan Hatchard and Honorary Member Sophie Schneider.

Education Representative Anita Stanforth gave a presentation (supported by the College of General Dentistry) on BADN's Menopause Policy in the Enhanced CPD Theatre.



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Royal College of Surgeons Edinburgh Faculty of Dental Surgery 40th Anniversary Dinner

BADN Chairman Joan Hatchard attended the Dinner on behalf of BADN



Top left photo Joan with BOS President Dr Nikki Atack; bottom left, Joan with Faculty of Dental Trainers Director Dr Sarah Manton; centre Joan with Dean of the Faculty of Dental Surgery Professor Philip Taylor; top right Joan with Royal College of Surgeons Edinburgh President Professor Michael Griffin OBE; bottom right Joan with former Dean Professor Fraser McDonald

British Veterinary Nursing Association Dinner

BADN Treasurer Michelle Brand attended the Dinner on behalf of BADN – the theme of the Dinner was Feline Fun, so Michelle went as the Cat in the Hat!!



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CGDent study programme 2022-23: events in all four nations; webinars for all

The College of General Dentistry (CGDent) has announced its programme of events between now and Spring 2023, with twenty CPD webinars anticipated as well as study days and conferences in all four nations of the UK – all of which are open to all dental professionals to attend regardless of whether they are College members.

CGDent is the independent professional body into which the Faculty of General Dental Practice (FGDP) transferred last year. The UK's only medical college run by and for dental professionals, it is unique in welcoming all those with relevant postgraduate qualifications into full membership, which is available from £94 for dentists and £33 for other registrants.

Study days and conferences

In its first year, the College hosted major study days in Birmingham, Gateshead and Glasgow, and four more, including an international conference, will take place throughout the UK over the next six months:

CGDent Northern Ireland conference

Masterclass on aesthetic and restorative dentistry with Dr Walter Devoto
Friday/Saturday 14-15 October, Waterfront Hall, Belfast

Advanced restorative study day in support of CGDent in Cymru/Wales

Mike Lloyd Hughes and Karun Dewan
Friday 25 November 2022, Stride Dental Academy, Bangor

CGDent Scotland Study Day

Justin Durham on TMD, Finlay Sutton on prosthodontics, and The Caldwell Memorial Lecture delivered by Prof Jeremy Bagg on volunteering opportunities in dentistry
Friday 2 December 2022, Glasgow Science Centre

CGDent-Quintessence International Conference: Excellence for the dental team

Avijit Banerjee, Krzysztof Chmielewski, Vincent Fehmer, Guillaume Jouanny, Bertrand Khayat, Stefen Koubi, Amit Patel, Shanon Patel, Bjarni Pjetursson, Ana Poveda, Tif Qureshi, Irena Sailer, Werner Schupp, Wendy Thompson, Ulrike Uhlmann, Istvan Urban and Otto Zuh
Friday/Saturday 24-25 March 2023, QEII Centre, London

All these events are open for registration via <https://cgdent.uk/events>, with significant discounts offered to College members.

The College is also hosting nine CPD sessions at Dentistry Show London on Friday/Saturday 7-8 October 2022, which are free to all.

CPD webinars

All dental professionals are able to watch the College's regular live webinars free of charge. Over 25 have been hosted to date, with upcoming events including:

LGBTQ diversity and inclusion in dentistry

Kaushik Paul; Tuesday 4 October 2022, 7pm

Making dental extractions predictable: a methodological approach

Jashme Patel; Thursday 6 October 2022, 7pm

Looking after your data

Pat Langley; Tuesday 11 October 2022, 7pm

Domestic abuse in dentistry

Preetee Hylton, Alison Gregory; Tuesday 1 November 2022, 7pm
Research & critical appraisal of evidence: statistics in the real world
Derek Richards, Mark-Steven Howe; Wednesday 2 November 2022, 1pm

Preventing wrong tooth extraction

Mick Horton, Tuesday 15 November 2022, 7pm

Leadership in infection prevention and control

Fiona Ellwood, Thursday 17 November 2022, 7pm



Research & critical appraisal of evidence: meta-analyses and their appraisal

Derek Richards, Mark-Steven Howe; Wednesday 7 December 2022, 1pm

Record-keeping in general dental practice

Abhi Pal; Monday 12 December 2022, 7pm

Creating a positive patient safety culture in dentistry

Jason Wong; Tuesday 10 January 2023, 7pm

Introduction to orthodontics (part 1)

Ross Hobson, Tuesday 17 January 2023 (7pm tbc)

Introduction to orthodontics (part 2)

Ross Hobson, Tuesday 24 January 2023 (7pm tbc)

Dental care for patients with diabetes

Iain Chapple; Thursday 26 January 2023, 7pm

Introduction to orthodontics (part 3)

Ross Hobson, Tuesday 31 January 2023 (7pm tbc)

Complaints handling: a step-by-step approach

George Wright; Tuesday 7 February 2023, 7pm

Supporting staff through menopause
Jacqui Elsdon; Thursday 16 February 2023, 7pm

Mentoring in implant dentistry

Abhi Pal, Pynadath George; Thursday 16 March 2023, 7pm

Dates for a series of webinars on Restorative and aesthetic dentistry, once confirmed, will also be published at <https://cgdent.uk/events>

CPD certificates for the webinars, and on-demand access to the recordings, are available to non-members on a chargeable basis, but provided free of charge to College members.

College members can also access an online library of 1,000 hours of GDC-compliant e-learning, and an online personal development planning tool to identify and log areas for future learning tailored to their job role and aspirations.

Postgraduate qualifications

The College is also currently accepting expressions of interest for the next cohorts of its postgraduate courses:

- Postgraduate Certificate in Non-Surgical Facial Aesthetics
- Postgraduate Diploma in Primary Care Orthodontics
- Postgraduate Certificate and Diploma in Restorative & Aesthetic Dentistry.

For further details about College membership and the College's webinars, study days and postgraduate qualifications, visit <https://cgdent.uk>

Finding the perfect balance



At times, working hard to fulfil your career ambitions whilst balancing your home life can feel overwhelming, particularly if you feel that resources for career progression are hard to come by. Fulfilling your potential should be enjoyable, and should not mean you have to compromise on your personal life to get there.

There are lots of career progression options available to dental nurses. With a whole host of opportunities within reach, such as the ability to work across different specialisms, become a lead nurse, or even progress to practice manager. It's no wonder so many dental nurses are motivated to make the most of their career potential.

Here at Colosseum Dental UK, we realise your potential, and have clear pathways for our dental nurses to make career development as smooth as possible. We actively encourage our dental nurses to take on any opportunities they'd like, and we do all we can to facilitate this, without chipping away at their free time.

Flexibility is key

At Colosseum Dental UK we understand that, at times, life can be hectic! This is why we are always here to support you. We believe that you shouldn't have to compromise on time with family and friends to make the most out of your career opportunities. To help you maintain this balance we offer secure yet flexible working hours for all our dental nurses. We will always work with you to ensure you are able to perform at your best, and never feel unable to ask for support from your team.

We make it our priority to facilitate continuous training and education, including access to our continuous professional development (CPD) platform. And we strive to make as many opportunities available to you as possible.

What we offer you

At Colosseum Dental UK we prioritise our dental nurses. We want you to feel comfortable, confident and valued in your work, and we promise to do everything we can to help you along the way.

We provide you with excellent clinical facilities and working environment with high standards of clinical governance and support, as well as paying your GDC membership and indemnity fees for you. These are just a few of the ways we help you to feel supported in your work, by making sure you feel comfortable and cared for at work. When it comes to your development, we always inform you of opportunities for CPD, career progression, and offer the chance to work across different dental specialisms. And to top it off, you can expect a new Pastelli uniform when you join us, so you can start your new role looking and feeling your best.



The perfect balance

Our benefits don't end here... we want to help you enjoy your personal life, as well as your work. This is why, on top of a competitive salary package, we have these additional perks to help you strike the perfect work/life balance:

- Workplace nursery
- Cycle to work scheme
- Discounted gym membership
- Birthday off
- Holiday purchase scheme

We always focus on helping you progress your career in any way you'd like. We will always encourage you to follow the path you're most interested in, whether that's working in specialisms alongside specialist dentists, becoming a dental nurse trainer, or even area manager.

When you're ready to take the next step in your career, consider joining us at Colosseum Dental UK. We have made it our mission to create a fantastic environment for our dental nurses, and we believe that helping you to fulfil your potential is important for the success of yourself and the whole dental team.

For more information, please visit <https://www.colosseumdental.co.uk/careers/job-opportunities/dental-nurses>

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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:

Why CPD matters	16 - 17
Safeguarding children's oral health	18 - 19
Q&A	15

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 – BDNJ Autumn 2022'

CPD questions – Why CPD matters

1) How many CPD hours should a dental technician complete across their 5-year cycle?

- a. 20
- b. 50
- c. 75
- d. 100

2. If someone is registered as both a dental hygienist and a dental nurse, how many CPD hours do they need to complete across a cycle.

- a. 75
- b. 150
- c. 50
- d. 125

3. How many CPD hours must you complete in any given year?

- a. 0
- b. 1
- c. 5
- d. 10

4. In any consecutive two-year period, how many hours of CPD must you complete?

- a. 0
- b. 1
- c. 5
- d. 10

5. Which of the following recommended topics MUST you study during each CPD cycle?

- a. Infection control
- b. Emergency medical care
- c. Safeguarding
- d. None of the above, they are recommended but not compulsory

6. You take a 6-month career break, how does this affect your CPD obligations?

- a. You are automatically granted a six-month extension to your CPD cycle
- b. You need to apply for a six-month extension before taking your career break
- c. It has no effect on your CPD obligations
- d. You can do all five years' worth of CPD during the break

7. Do you have to complete a CPD statement if you did not do any hours during the year?

- a. No
- b. Yes
- c. Only if you feel like it
- d. You must do hours of CPD every year

8. Under circumstances where someone is granted a grace period, how long is it?

- a. It varies according to need
- b. 56 days
- c. 365 days
- d. 5 years

9. If you need to apply for a grace period, when must you do so?

- a. Only when you are sure that you need it
- b. Only when a practice manager tells you to do so
- c. During childbirth
- d. At least 6 months before the end of your 5-year cycle

10. If you fail to keep up with your CPD obligations what happens?

- a. You will be removed from the GDC register
- b. Nothing
- c. You will be arrested
- d. You have to repeat your entire education

CPD questions – Safeguarding children's oral health

1) What per cent of 5-year-olds have experienced tooth decay in an average of 3-4 teeth?

- a. 10%
- b. 15%
- c. 20%
- d. 25%

2. According to the last Child Dental Health Survey, gingival inflammation was found in what per cent of 15-year-olds?

- a. 50%
- b. 40%
- c. 35%
- d. 25%

3. What are the main risk factors for poor oral health in children?

- a. Poor diet
- b. Lack of oral hygiene
- c. Socioeconomic deprivation
- d. All of the above

4. What is the new guidance the BDA launched to address children's missed appointments?

- a. Did not attend
- b. Was not brought
- c. Not seen
- d. None of the above

5. What pathways are currently available for the BDA's new policy relating to missed appointments by children?

- a. Green
- b. Pink
- c. Blue
- d. All of the above

6. According to the BDA's policy, how long after a missed appointment should the clinician assess potential risk of harm to the child and inform other health or social care services?

- a. 1 week
- b. 2 weeks
- c. 3 weeks
- d. 4 weeks

Why CPD matters

Learning objectives

- To understand the necessity of continuing personal development (CPD).
- To recognise the personal and professional benefits of CPD.
- Optimising your CPD.

GDC Development Outcome: C



All dental professionals must complete CPD as part of their ongoing professional growth and to ensure that high standards are upheld. Even under ideal circumstances, with the best educators, no course can completely cover everything. CPD is a natural extension of your initial education that facilitates expanding and updating your knowledge throughout your career. As a technologically driven profession, dental care never stands still, techniques and technologies are constantly evolving. Patient care standards and the legal framework we operate within, likewise change over time. A static education could see dental professionals stagnate and miss out on developments that could aid them and their patients. CPD helps keep knowledge current, while also providing valuable career development opportunities.

At the time of writing the vast majority of dental professionals will have transitioned to the Enhanced CPD Scheme 2018, which as the name implies began in 2018 and changed some of the criteria from what they were previously.

The hourly requirements per five-year cycle vary according to role; dentists must complete 100 hours, dental hygienists and clinical dental technicians 75 hours, dental nurses and technicians 50 hours, and temporary registrants (dentists) 20 hours. If you hold more than one registered title you must undertake the higher number of hours for the two, but you do not need to add them together (for example a dental nurse who is also a dental hygienist must do 75 hours of CPD per cycle).



You have a fair amount of freedom in how you split up your CPD across cycles, but you are required to do at least 10 hours in any consecutive 2-year period to be compliant with Enhanced CPD. For example, you could do 10 hours in year one then none the next, or two years where you do 5 hours in each. This requirement persists between cycles, for instance, the last year of your first cycle and the first year of your sixth cycle must add up to 10 hours. If you are unsure of how much CPD you have logged in the preceding year, you can check this information online through the General Dental Council eGDC website.¹ You may find it helpful to create an annual reminder a few months before the end of your registration year, to make sure you have enough opportunity to make up any shortfall in hours.

Even if you do not complete any hours of CPD in a single year, you still need to complete a CPD statement. You can update your statement throughout the year, or you can wait until renewal opens (6 weeks before the year ends). You need to keep evidence from CPD providers to verify what you have undertaken, typically this takes the form of a certificate.

Your CPD cycle is tied to your GDC registration, not to your employment. As

a consequence of this, absences from work (such as sabbaticals, a career break, long-term illness, or maternity leave) do not delay, extend, or exempt you from your CPD requirements – your five-year cycle is unaffected. If completing your compulsory CPD during such a period is impossible, you might consider leaving the GDC register and then later re-joining. However, this will likely be regarded as a last resort, as you will have to go through the restoration process and pay an extra fee to practise again.²

It is highly recommended that you keep on top of your CPD obligations, and plan ahead accordingly. However, should something exceptional occur that prevents you from completing your CPD for a given cycle, you can apply for a 56-day grace period in order to meet the minimum number of hours required. Note that this is not granted automatically, you have to email the GDC to explain why you need the extra time, and it is possible that they will turn down your request if you do not have what they consider a good reason. Any request for an extension must be made at least 6 months before the end of your cycle. Also note that temporary registrants cannot apply for more time under any circumstances.

Beyond the freedom to allocate your CPD time within the above constraints, you also have considerable discretion in what you choose to develop and learn, and how you go about doing it. CPD should be relevant to your role, and it is generally recommended to allocate some of each cycle to brushing up on your handling of medical emergencies, along with safeguarding principles



and infection control. Up-to-date recommendations can be found on the GDC website, but these are exactly that – recommendations – they are not compulsory and you have quite a lot of latitude in planning what you wish to study. Once you feel comfortable with all the core facets of your role, it is a good idea to take a proactive approach to your CPD planning and branch out into areas you are genuinely interested in, or feel you could use some further knowledge in. If you view CPD as a tick-boxing exercise, it can become just that, you will likely feel quite bored and will not get much out of it – that is just human nature.

Instead, CPD should be an opportunity to broaden your knowledge base, as well as the direction of your career. You might dedicate some CPD time to dipping your

toe into an area that you are interested in, which may lead to you pursuing that further. If not, it's still a comparatively low-risk way of testing a new area out, which is also useful. There are quite a few different forms of verifiable CPD, from hands-on workshops to distance learning, so you will be able to find something that suits your particular learning style.

All dental professionals are obligated to undertake CPD as a mandatory component of your GDC registration. While very manageable with a little forward planning, failure to adhere to the CPD requirements can severely harm your career and see you removed from the GDC register. Some dental providers, such as Colosseum Dental UK, offer professional education on a variety of topics as

standard. Quality training leads to efficient and safe practice.

CPD presents a lot of freedom and opportunity if seized upon. Reflect on what you want to learn and what you want to get out of your career, and do not be afraid to step a little out of your comfort zone. Completing CPD is an expectation, but it also gives you an opportunity to develop yourself in ways you see fit. It can really help your career keep moving and prevent you from feeling stuck in a rut.

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Safeguarding children's oral health

Learning objectives

- To appreciate the consequences when a child misses a dental appointment
- To understand the "Was not brought" policy and what it means
- To consider the role of the dental nurse in implementing the "Was not brought" policy

GDC Development Outcome: A



Safeguarding is an important part of the dental professional's remit today. This involves looking out for any patients who may be vulnerable to neglect or abuse, including both adults and children. The latter is sometimes the most difficult to assess, because there are so many variables to take into account. When it comes to children's attendance at dental appointments, the guidelines were recently changed to reflect the responsibility of the parent/guardian/carer in ensuring that dental care is sought.

So, what do dental nurses need to know about this and how can they help to safeguard children from dental neglect?

The impact of missed dental care on children's dental health in the UK has been a difficult topic for several years now. Research continuously demonstrates the poor state of our young people's teeth and gums. The scale of the problem has become painfully apparent and everyone from government and policy makers to primary care teams, schools, and other establishments are coming together to do something about it.

Though the pandemic has no doubt affected many families and kids across the nation, latest figures suggest that 10% of 3-year-oldsⁱ and 25% of 5-year-olds have experienced tooth decay in an average of 3-4 teeth.ⁱⁱ Sadly, tooth decay remains the leading reason for hospital admissions among 5-9-year-olds.ⁱⁱⁱ The last Child Dental Health Survey also found gingival inflammation in 46% of 8-year-olds and 50% of 15-year-olds, and visible calculus in 28% of 8-year-olds and 46% of 15-year-olds.^{iv}

Although the numbers have been slowly improving over the years, there are still tens of thousands of young people with poor oral health across the UK. There are various possible reasons why a child may

develop dental problems, with key risk factors including poor diet, lack of oral hygiene and socioeconomic deprivation.^v All of these will likely be made worse given the cost of living crisis, which is likely to impact poorer households significantly. With even less funds to spend on oral health products and healthy food, many families and young children may suffer.

Combine all of this with the substantial lack of access to dental care that patients are facing throughout the nation, and we could very well see any positive progress made in children's dental health reversed. With no professional supervision, monitoring or support, even more children could develop dental problems that go untreated for far too long.



A new approach to safeguarding

Although some of the reasons that children don't attend routine check-ups in the practice are unavoidable and out of their parents' or guardians' control, it is still essential that those caring for young people do what they can. In some situations, not taking a child to see the dentist or dental hygienist regularly enough could be a sign of neglect.

With this in mind, dental professionals will be aware of the change in policy that came about only a few years ago, with the BDA

launching the "Was not brought" toolkit for safeguarding children. The goal was to shift to focusing on the child's perspective and reminding those who are responsible for ensuring young people get the dental care they need of their duties. As young children often cannot look after themselves or make sound decisions about their health, this puts the onus on parents, guardians and carers to bring them to the dental practice for check-ups.

The BDA's toolkit^{vi} is designed to help dental teams manage the new pathway for managing children who do not attend – or who are not brought to – regular appointments. There are three pathways for children in different situations; a pink pathway for those in a child protection plan, blue for those undergoing orthodontic treatment and green for all other children and young people under 18 years old. The flowchart provided suggests clear steps for the dental team to follow up a missed appointment by contacting the parent/guardian, trying to determine if there were special circumstances and rebooking the appointment. Where the parent/guardian can not be reached within 3 weeks of the missed appointment, the clinician should assess the potential risk of harm and consider sharing the information with the relevant health or social care professional.

Of course, where it is clear why an appointment was missed, or the rebooked session is attended, there is no need for alarm or consequences. This pathway is designed to identify those children that are repeatedly not brought to the practice and may be at risk of neglect. It is also a way to emphasise the importance of dental health to those adults caring for children, safeguarding young people's health and promoting their welfare now and in the



future. Full guidance^{vi} is available from the BDA to effectively implementing the “Was not brought” policy.

The dental nurse's role

There are many ways in which the dental nurse can help implement the “Was not brought” policy within a busy practice team. For example, the pathway recommends electing a “WNB champion” to take the lead on safeguarding children – this could very well be the dental nurse. The dental nurse may also be the member of staff trying to contact a parent/guardian following a child's missed appointment, therefore they will be implementing the pathway.

Just as importantly, the dental nurse often plays a big role in educating and supporting patients and those who care for them on the importance of maintaining dental health, so you could extend this to include information specifically for parents/guardians. Ensuring that they appreciate the value of regular dental check-ups for the whole family, as well as their responsibilities in supporting the health of children in their care, is crucial. Many would likely benefit from verbal communication on

the subject, as well as written information like leaflets to take home.

Of course, to effectively safeguard child patients, it is essential that the dental team have appropriate training and experience to feel confident in their duties. That's why topics like this and many others are covered by Colosseum Dental UK as part of the on-going CPD and education made available to dental nurses.

There are many facets to safeguarding patients in the dental practice, but protecting children from neglect is an important one. Not every child who misses an appointment is in danger, but recognising the potential signs early is the best way to keep them safe and protect their dental health for the years to come.

To find out more please go to www.colosseumdental.co.uk

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How Go-Getter Nurses Control Their Own Work, Leave On Time and Drink More Coffee

By Tracie Barnett, TCO Aligner Network

You've been a dental nurse for a few years. You know pretty much every dental procedure in your practice inside out. You know most of the patients by their first names, too. You really love to help your patients and work as a team. You're ready for another challenge.



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Are you ready to step out from the shadows and play a central part in patient care?

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Patients are looking for someone to help them make the right choice and they are often too scared (or too hurried by the dentist!) to ask those simple but vital questions. This can often mean they avoid the

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My name is Tracie Barnett, I'm a qualified TCO. I've been doing the role for the last five years. And previous to this, I was a dental nurse for 23 years.

I'd like to invite you into our TCO network. It's a forum, a network and a platform where we can all communicate together for nurses and TCOs, where we can share our ideas.

We have lots of free resources. For example, you can watch past webinars, and enter competitions, all for free, the TCO Network is free. We also share our ideas and thoughts, and we can message each other too.

And finally, it's even a place where we can rant if we need to. Sometimes we feel as if we need to reach out, and this is the place to do it. So sign up. It's a great forum for us all to join together. See you on the other side.

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best option and choose the simplest or cheapest. They could be missing out on the opportunity to have a great looking smile and keeping their teeth. It's such a shame!

As a trained, professional TCO you could sit beside the patient, get to know them, and build their trust. You could guide them through all the options and make sure they have the best chance of making the right choice for themselves. We know that more patients choose the optimal treatment plan when they work with a TCO. That way they have the best chance of keeping their great looking smile for life!

2. For your practice: modern practices have so many services to offer – from clear aligners to composite bonding; implants to facial aesthetics and much, much more.

Dentists spend hundreds of hours and thousands of pounds training themselves to provide these services to a high level of expertise. This all goes to waste if the patient says 'no'!

Allowing a TCO to take a central part in the consent process will save the practice a huge amount of time and money and build a stronger, more trusting relationship with the patient. This means the patients are more likely to accept the dentist's optimum treatment plan, refer their friends and family and pay with gratitude. A robust, personalised consent system has never been more important in dentistry. It's a win-win!

3. For you: besides that great feeling that comes with knowing you've made a real difference to a patient's life, there are a few more selfish reasons for becoming a TCO.

Firstly, you get to control your own time at work. You won't be leaving late because the dentist has decided to squeeze in another treatment at the end of a long day.

Secondly, a qualified, professional TCO can expect to earn more because they are taking on more responsibility. You get paid to talk to patients!

Lastly, you get to drink a lot more coffee when you're sitting down with a patient and getting to know them and their concerns.

Tracie

P.S. TCOs need some TLC.



Make the workplace work for you

If you are a newly-graduated dental nurse, or are simply seeking to make a change and find a new opportunity, there are plenty of options available to you at the moment.

Every dental clinic will share a similar ethos – deliver exceptional care to every patient. However, it is also important to find a workplace that aligns with your values and provides you with what you need to succeed in your role.

Education

Firstly, skill development is a pivotal, and mandatory, part of dentistry. As all dental professionals are required to undertake enhanced continuing professional development (ECPD), finding a workplace that provides quality learning opportunities is paramount. A dental nurse's scope of practice is comprehensive, encompassing additional skills in areas such as conscious sedation, intra- and extra-oral photography, cephalography, radiography and impression taking. Some dental nurses may wish to move into management roles, too. Every dental nurse will have unique aspirations and it is important to choose a workplace that demonstrates their commitment to your improvement.

Support

Dentistry is a stressful vocation and a strong team is needed to help maintain high levels of patient care, especially in times of challenge. We cannot choose who we work with, or the types of patients we encounter, and so we may end up clashing with colleagues from time to time. This is a normal occurrence in most workplaces and issues can be resolved when there is a strong support system in place.

A study highlighted several factors that relate to job satisfaction in dental nurses, namely clear responsibilities between team members, suggested improvements being taken seriously and a good working environment. A workplace that operates on communication, respect and appreciation is one that will flourish. In your interview, be sure to ask questions and try to gain a clear image of the type of environment you will be working in.

Dental nurses are integral to dentistry and are often the ones who interact heavily with patients – before, during and after their visit to the clinic. As such, you may encounter difficult patients or those who are anxious and need that extra bit of care. When this occurs, a sturdy professional support system will ensure you have someone to turn to should you need advice or guidance.

Work/life balance

Research has supported the theory that a work/life balance can affect employee performance, and further studies have noted that issues with work/life balance and burnout are common in healthcare workers.

A good work/life balance is something that all workers strive to achieve, but it is not always easy – where you choose to work could make all the difference in striking your perfect balance.



Many workplaces will offer additional perks and flexible working options to help their dental nurses enjoy their personal time – this might come in the form of certain schemes, memberships or discounts. It is vital to assess what benefits are offered as part of your career package, so you can create an equilibrium between your personal and professional commitments.

Why choose us?

Here at Colosseum Dental UK, we ensure that all members of the team are more than just a number, but rather individuals who all have different needs and requirements – it is part of the reason why we have been certified a Great Place to Work.

Aside from our fantastic support systems, we also offer great opportunities for our dental nurses to progress in their careers, however that may look for each individual. We have also invested millions into our clinics, so our dental nurses have a state-of-the-art environment to work in.

Not only that, we provide some exciting added benefits too, including: a competitive salary package, your birthday day off, holiday purchase scheme and discounted gym membership, among plenty more. At Colosseum Dental UK, we know that our team needs a strong support system in order to provide the best possible patient care, and we know this reflects in the benefits we offer.

To discover more about a career with us, get in touch today.

For more information about Colosseum Dental, please visit <https://www.colosseumdental.co.uk/careers/job-opportunities/dental-nurses>

Or for an informal call, call our Head of Recruitment, Lee Catlin on 07936 358758

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Are you getting enough sleep?

How can workplaces support the 74% of UK adults who've reported a decline in quality sleep over the past 12 months?

- **1 in 10 people are only getting 2-4 hours of sleep per night**
- **Over half of people don't believe quality sleep builds immunity**

A new Nuffield Health survey of 8,000 UK adults has highlighted that nearly three-quarters of its respondents are reporting poorer sleep compared to last year. This is especially concerning given that Nuffield Health's 2022, 'Healthier Nation Index', also revealed that 1 in 10 people are only getting between 2-4 hours of sleep per night.

The number of people experiencing insomnia rose to one in four since the pandemic, with many turning to the internet for support. Google searches for 'insomnia' soared, with most made in the early hours, around 3am.

According to Nuffield Health's research, 35-44-year-olds get the least sleep, with almost 50% only getting 5-6 hours per night. Only 33% get the recommended 7-8 hours of sleep per night.

These findings are especially pertinent during September's 'Sleeptember', which focuses on promoting better sleep quality.

Sleep deprivation is believed to cost the UK economy £37 billion a year in lost productivity, with poor sleepers having reduced reaction times and trouble concentrating. They also have an increased likelihood of having accidents or making costly mistakes, highlighting both a need and an opportunity to provide people with sleep hygiene support in UK workplaces.

Ultimately, chronically disrupted sleep increases the risk of work absence by 171 percent. However, just over half of people don't believe quality sleep builds immunity.

Gosia Bowling, National Lead for Emotional Wellbeing at Nuffield Health, commented on the findings:

"Many businesses have adopted a 'hybrid' approach to working and it's important to note this 'new normal' won't automatically facilitate perfect sleeping patterns. That's why it's crucial employers 'wake up to sleep' and work with their healthcare providers to support their workforce.

"Taking a holistic view on health – including offering interventions that cover the full range of risks – is the only way to get back to maximum wellbeing and create a healthier nation."

Gosia offers advice on how employers can play their part in creating holistic health interventions to enhance sleep quality among its workforces:

#1 Outline expectations

Businesses tend to overvalue individuals who undervalue sleep. However, for those looking to maximise employee potential and nurture a positive, productive workforce, it's important to reduce the business and health risks of sleep deprivation.

Employers should outline their expectations from the outset. This means defining working hours and letting employees know they aren't expected to reply to emails outside of them. Employees should also be encouraged to work around their natural sleep patterns where possible, for example, avoiding scheduling early-morning or late-evening calls.

#2 Train for triggers

Just as important as it is to lead a company with a sleep-positive attitude, it is essential managers can spot the signs of a sleep-deprived co-worker in their teams.

For example, are mood swings, poor attention, or distraction common among certain team members? Are they yawning and drinking copious amounts of coffee to get through the day? These can all be signs of a poor night's sleep.

Line managers should be able to spot these signs and be trained to guide co-workers to access the appropriate occupational health services available.

Ensure any training given to team leaders is evidence-based so the company understands why incorporating sleep support is important and should be part of the company's core values.



Appropriate training may also include helping people understand how to structure their day, like avoiding putting in potentially stressful meetings late in the afternoon, when they risk taking the stress home with them when their body needs to relax.

#3 Promote physical health

It is also important to emphasise the benefits of exercise in regulating sleep patterns, just not right before bed, as we remain in an 'activated' mode for a while after exercising, making it difficult to sleep.

Instead, an outdoor run or power walk during lunch hours not only gets employees away from their desks but also exposes them to natural daylight, promoting healthy sleep hormones.

Employers who are concerned that their teams are not taking healthy breaks or are reluctant to switch-off may even consider arranging group exercise classes. For example, inviting a fitness instructor to run a lunchtime session over a video call and letting employees know they're encouraged to attend. It's important to lead by example and announcing directors and managers will be attending these sessions can boost uptake throughout the wider company.

Offering advice around nutrition and caffeine can help individuals make healthier choices, avoiding unhealthy habits which may exacerbate feelings of tiredness or fatigue, or stimulants that have the opposite effect, raising their heart rate and making them especially alert, interfering with rest and sleep.

#4 Offer specialist support

Stress from outside the world of work - like finances, addiction, or family problems - can negatively impact sleep. Nuffield Health's research showed fewer people with lower household incomes (£15,000 or less) got the recommended 7-8 hours of sleep per night than people on the highest incomes (over £75,000). This implies having lower financial resources may impact people's sleeping patterns.

The relationship between mental health and sleep isn't entirely understood but according to neurochemistry studies, an adequate night's sleep helps enhance mental and emotional resilience equally.

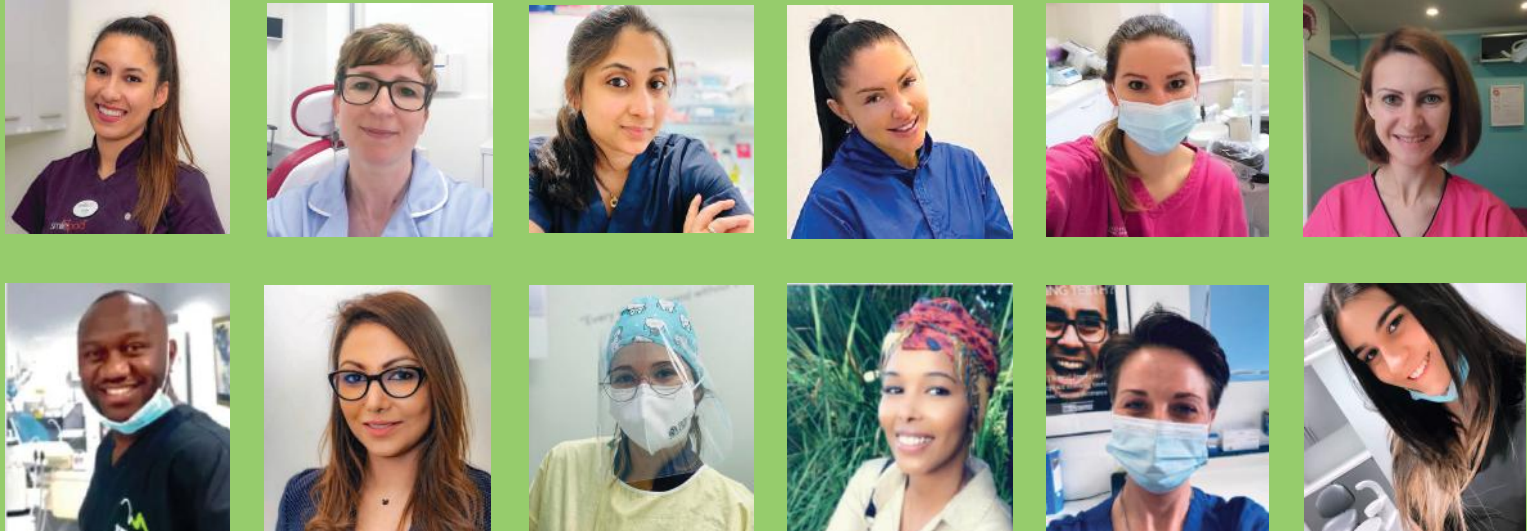
Chronic sleep disruptions might generate negative thinking and emotional sensibility. It's also thought treating insomnia may help alleviate the symptoms associated with an anxiety disorder and vice versa.

Where signs of emotional difficulty are identified, employers should signpost individuals towards the relevant emotional wellbeing support available to them. This may include offering cognitive behavioural therapy (CBT) or Employee Assistance Programmes (EAPs) which provide individuals with direct access to specialists.

Some of the confidential support they receive may help employees to address the factors keeping them awake at night. Or help employees recognise and break unhelpful thought patterns which trigger anxiety and stress preventing sleep.

Additional employer support may include inviting a sleep specialist to run an online seminar on best practice habits before bed, such as avoiding blue light devices and keeping the bed for sleep only – not work.

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The final 'Letter from Cyprus': Linda Othen RDN ICGI RAD (cert) OHE

As you can see from her post-nominals, Linda loved learning. Linda started her dental career as a dental nurse in the RAF. She trained at RAF Holton and was then posted to Cyprus. This is where we met, got married and, sadly, had to leave the RAF. We then carried on our adventures and went to live in Germany for 8 years.



When we went back to the UK, Linda worked in the orthodontic department at Yeovil Hospital. Her boss at the time didn't encourage getting qualifications but, Linda being the driven and passionate dental nurse that she was, self-funded her own training. After gaining her RDN, she went on to gain her certificate in OHE, and then on to become a lead nurse at QA Hospital in Portsmouth. Here, she continued with her professional development and studied for her Radiography qualification at Portsmouth University. It shows what strength of character Linda had as she did not receive much support or encouragement from the dentists or consultants. Linda knew what had to be done and then went out and did it.



We returned to living in Cyprus in 2002, and Linda went to work in a Cypriot orthodontic clinic in Limassol. Her boss encouraged her and promoted her to the role of clinic manager, where she introduced the clinic to ISO 9001-2. Linda would also visit local Cypriot Primary Schools to teach them about the importance of oral hygiene and diet, giving demonstrations to the children on how to clean and floss their teeth.

Linda was a finalist for Practice Manager of the Year in 2010 and her award of a Licentiate in 2006 was the highlight of her career. "At last I can wear a cap and gown!" When she walked in and saw all the other dental nurses, one of them remarked, "You must be Letter from Cyprus!" It was the sun tan that did it. She loved writing "Letter from Cyprus", telling all about her life here.

Rest in peace, Dear Linda,
Chris Othen



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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. BADN Rewards have partnered with Lyons Davidson Solicitors to provide BADN members with access to their team of legal advisors through a free telephone legal helpline*.



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2022/23 CALENDAR



October

30 Clocks go back at 2am

November

- 7 BADN Executive Committee meeting
- 11 NEBDN National Diploma written exam (OSCEs 27, 28 January 2023)
- 12 Birth of Baha'u'llah
- 16 Colgate Robin Davies DCP Research Awards, London
- 22 BADN AGM, London (see page 4 for details)
- 26 BADN Coffee Catch Up – see e-newsletter for details or contact adam@badn.org.uk
- 30 St Andrew's Day (Scotland only)

December

- 12 Results of NEBDN Nov 22 written exam issued (OSCE results 13 March 2023)
- 18 Hanukkah begins (ends 26 December)
- 23 BADN office closes
- 25 Christmas Day
- 26 Boxing Day
- 27 Christmas Day Bank Holiday

January

- 1 New Year's Day
Ganhtan-sai (Shinto New Year)
- 2 New Year Bank Holiday
- 3 BADN office opens
- 4 Copy date for Winter 22 British Dental Nurses' Journal
- 7 Christmas Day (Christian Orthodox)
- 22 Chinese New Year
- 27 Winter 2022 edition of British Dental Nurses' Journal published
- 30 Mahayana New Year (Buddhist New Year)

February

- 13 BADN Executive Committee meeting

April

- 7 Good Friday
- 10 Easter Monday

May

- 1 Early May Bank Holiday
- 12-13 Dentistry Show Birmingham
- 29 Spring Bank Holiday

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.

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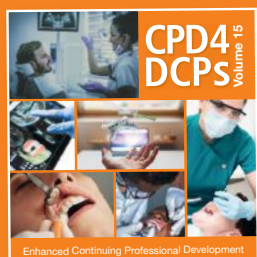
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