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British Dental Nurses' JOURNAL[®]

The Journal of the British Association of Dental Nurses

Could you be our Cover Star?



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From your President



Welcome to the Spring Edition of the British Dental Nurses Journal. We are enjoying the lighter evenings and the opportunity to meet others outdoors during the Easter Break was a boost to my spirits. There is hope on the horizon in terms of our liberty and we may be allowed to enjoy a near normal summer of social activities depending upon the outcome of the gradual easing of Lockdown 3.0.

My Presidential role was quieter than usual in February but then it stepped up again in March 2021. Dental Showcase on Demand dominated the end of the month as we prepared for the on-line exhibition. Did you find time to visit the exhibition because it was more accessible to you online? I prefer meeting people face-to-face rather than online; however, I realise this is not the same for everyone.

Our BADN 80th Birthday Celebrations, which were due to be celebrated with you in style at the Dentistry Show last year, have been moved once again to May next year. It will therefore be a celebration of the founding of BADN as 80 years + 2! I am looking forward to meeting as many of you as possible at the event and we will let you know the details in plenty of time so that you don't miss out. It will be a great opportunity to learn from and network with each other once again. The Dentistry Show is free to attend, which is another great reason to join us!

In March, I attended two national meetings led by Sara Hurley and the second in a series of Dental Diversity Action Group meetings as well as a further meeting led by NHS England. March also brought two Coffee Catch Ups to you on-line, which covered the topics of Domestic Abuse and Leading Up together with the usual opportunity to catch up with fellow members. It's a unique opportunity to acquire CPD and meet other dental nurses in a 'safe space'. We have a continued programme prepared for you during 2021, so why not sign up to your BADN newsletter to be in the know about what's coming up next.

You can sign up to your BADN newsletter at <https://www.badn.org.uk/Public/Subscribe-to-BADN-Newsletters>.

As you know I wrote to you in March explaining that lowering the full membership fee by £20pa allowed many of you to renew your membership during a

difficult financial time caused by the global pandemic. As a result of this action, BADN's income understandably also reduced in this period. However, due to prudent financial management over the last 30 years, this deficit was met by the Association's finances, but this situation cannot continue indefinitely. Taking this into account and the fact that 2021 is likely to be another difficult year for us all, your Executive Committee decided against returning to the full £50 membership fee; but decided instead to increase the Full Membership fee by just £5 from 1 April 2021 to £35pa. This represents extremely good value for money at under 10p per day! If you want to save even more money on your membership fee, then later in the year we will be introducing our Refer A Colleague scheme. Current members who introduce a dental nurse colleague to BADN membership will receive a £5 credit on their BADN account which can be used towards the cost of renewing their own membership, purchasing items from the online shop, or booking a place at a BADN event. Members can introduce up to three colleagues each year – giving them a credit of up to £15. Details of the Scheme will be available on the website, in the Journal and on social media shortly before it goes live.

As your President, I value your membership and I strive to find ways to enhance that membership experience for you together with championing the role of the dental nurse within the dental team. I continue to represent you at national and local meetings to ensure our voice is heard and to push our Dental Nurse Recognition Campaign forwards. We welcomed the GDC's recent decision to finally accept payment for the ARF in instalments after many years of BADN lobbying the GDC. We will continue to push forward our Dental Nurse Recognition Campaign on your behalf. Enjoy the Spring as we look forwards to the easing of Lockdown 3.0

Stay safe as we stand together to support our dental nursing profession.

Jacqui Elsdon
BADN President

Could You be our Cover Star?

There is a desperate shortage of suitable photos to be used in dental journals, on websites, social media etc showing dental nurses at work. Most of the photos used are obtained from photo agencies, and are often unsuitable – the models posing in the photos often have heavy makeup, nail polish, jewellery, long loose hair and as for health and safety or cross infection control!!

BADN have decided to set up a bank of photos posed by REAL dental nurses, properly dressed and meeting all health&safety/cross infection control requirements. To do this, we are asking our members to take photos in their own practices/clinics (with the principal's permission, of course!) and forward them to us with written permission for us to use them.

So that we can use your photos on our website, in the Journal, on our social media and in any articles written by BADN for other dental publications, please:

- Ensure that all dental staff are correctly dressed, observing all

health&safety/cross infection control protocols, using correct PPE for the situation shown in the photo

- Obtain written permission from everyone in the photo for it to be published by BADN (if you would like a specimen permission form, please contact Adam at adam@badn.org.uk)
- Blur out faces of patients, if any are included in the photo
- List the name of everyone in the photo, the practice or clinic involved, date taken and any other relevant detail
- Forward the photo(s), permission form and list to Adam at adam@badn.org.uk

We are hoping to set up a bank of suitable photos to be used not only by BADN, but by other dental press. We will, wherever possible, credit the photographer and/or the practice/clinic involved.

This will be an ongoing project, so we look forward to receiving lots of photos from BADN members on a regular basis! Thank you

80th Anniversary Brooches

Our 80th Anniversary brooches are now on sale in the on-line shop to members only, price £10.50. To get yours, log in to your BADN account at www.badn.org.uk. We have a limited number available, so get yours whilst stocks last!



Long Service Membership Badges

We will be presenting 5, 10, 15, 20 and 25 year badges to long standing members again this year. If you think you are eligible for a brooch, please contact Val val@badn.org.uk to check your membership before 30 August 2021.

Coffee Catch Ups

Our Coffee Catch Ups, held on the last Saturday of every month, are continuing in 2021.

So far this year we have had Alex Norris MP, Shadow Minister for Primary Care, talking to dental nurses about their role in the dental team and our campaign for recognition; Karin Barnes, certified Silva Instructor on Stress and Relaxation – Karin's presentation and relaxation exercise are on our YouTube Channel if you missed it; Rebekah Wilson of the Wish Foundation on domestic abuse (also on our YouTube Channel) – what it is, how dental nurses can spot it, and what to do about it if you do; and Lt.Col. Beth Wolny of the United States Marine Corp talking about being a women in a predominantly male environment and how to "lead up".

April's speaker will be Sarah Hill, DCP Representative at the Faculty of General Dental Practice (UK) on the new College of General Dentistry, and what this will mean for dental nurses. To sign up, contact Adam at events@badn.org.uk. You can also sign up for our e-newsletters at www.badn.org.uk so you will be kept informed of future speakers and events.

BADN Annual General Meeting

The BADN Annual General Meeting will be held on Tuesday 23 November 2021 at the Naval & Military Club, St James's Square, London at 3pm.

Current members wishing to attend are requested to email adam@badn.org.uk by 30 October 2021. Members attending the AGM will also receive an invitation to attend the 80 + 2 Anniversary Drinks Reception on 23 November 2021, 5-7pm.

Request for nominations

Nominations are required for the following posts:

- President 2022-2024 (President-elect 2021-2022)
- Treasurer 2021-2023
- Chairman 2021-2023

All the above posts are voluntary. Nominees must be current BADN members, registered as dental nurses with the GDC, and fulfil the appropriate criteria as set out in the BADN Rules & Constitution.

Nomination forms, job descriptions and further information are available from the Chief Exec, pam@badn.org.uk. Potential nominees are invited to contact Pam on 01253 338365 to discuss further. Completed nomination forms must be returned to Pam by close of business on 15 September 2021.

Request for motions

Motions for consideration by the AGM must reach the Chief Executive (pam@badn.org.uk) by close of business on 31 October 2021.

Refer a Colleague

Later this year, we will be going live with our "Refer A Colleague" scheme. Members will be able to introduce up to 3 colleagues a year to BADN membership and will receive an account credit of £5 for each referral, to be used against their own membership renewal or shop purchases. (Not redeemable for cash).

More details will be available in the Journal and on our website when the scheme goes live.

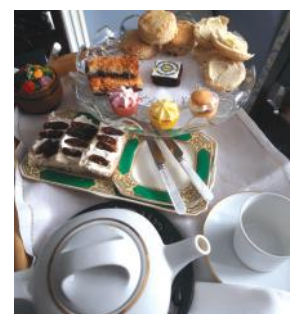
Janet Goodwin Memorial Fund

The Memorial Fund in memory of dental nurse, long time BADN member, former NEBDN Chairman and Oral Health Foundation Past President Janet Goodwin, established by BADN and the OHF, is still open at <https://www.dentalhealth.org/Appeal/janetgoodwinmemorialfund>. The fund will provide grants to student dental nurses and those wishing to further their dental nursing studies. If you knew, or were taught by, Janet please do consider donating a couple of quid to this very worthy cause.



80th Anniversary Afternoon Tea

As The Dentistry Show, due to be held in May/June this year following its cancellation in 2020, has now been postponed until May 2022. The BADN Anniversary Tea has also been postponed. The Tea will be held as part of the 2022 Dentistry Show, and more details will be available closer to the date, in the Journal and on our website."



Are you a dental nurse looking for flexible working hours?

We have roles available for qualified Dental Nurses to join our team on a flexible hours contract. You will work as part of a busy but supportive team, we will give you the flexibility to work at times and in locations that suit you, helping you achieve the work/life balance you desire.



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GDC introduces option to pay ARF by instalments

A new pay by instalments option for the Annual Retention Fee (ARF) has been announced by the General Dental Council today, designed to support dental professionals who pay their own fee by enabling them to spread the cost over the year with quarterly Direct Debits. For dental care professionals (DCP) this works out as four payments of £28.50 and for dentists it is four payments of £170.

To take advantage of the option in 2021, DCPs need to log in to eGDC from early May and select the quarterly Direct Debit option no later than 31 May 2021. The regulator is working to get this new option set up and says it will be in touch with DCPs when they are able to sign up.

GDC Chief Executive and Registrar, Ian Brack, says:

"We know that many dental professionals want more flexibility in how they pay the ARF and so we will be introducing a pay by instalments option. Detailed feasibility work has been completed and work is underway to make the necessary changes to our systems to allow us to offer this to DCPs this year.

"We expect this work to be complete by early May and DCPs who want to pay quarterly will then need to sign up by 31 May. Detailed guidance will follow nearer the time."

Dentists who wish to pay their ARF by instalments will be able to select this option later in the year.



GDC publishes online resource for managers and employers of dental professionals

Contributing to patient safety and public confidence in dental services, a well-trained, motivated and competent dental team is in everyone's interests. The General Dental Council (GDC) has today published Supporting the dental team, an online resource for employers, managers, and contractors of dental services.

Employers and managers of dental professionals, who may not be GDC registrants, play a significant role in ensuring patients receive high standards of service and care. While the regulator recognises there is much good work already taking place to this end in all kinds of dental settings, it says its new guide is designed to complement and support, pulling together useful information from a range of places.

GDC Head of Public Policy, Osama Ammar, said:

"While the GDC does not regulate dental businesses, working alongside our stakeholders we saw a gap in the information and support that was available to dental team managers and employers. By providing this additional information in one place, we felt we could assist them in their understanding of the professional responsibilities of the dental team and encourage activities that will enhance patient care.

"I'd like to thank the many stakeholders who worked with us on this project, and we look forward to further developing the resource in the coming years."

In addition to information to support dental professionals in understanding and meeting their regulatory responsibilities, the resource also covers well-being of the dental team and handling feedback and concerns.

The resource is available at <https://www.gdc-uk.org/information-standards-guidance/supporting-the-dental-team>.

GDC pays damages to clinical dental technician

The General Dental Council (GDC) has paid an undisclosed sum of damages to a clinical dental technician after Dental Protection successfully secured an admission by the regulator to having acted 'unlawfully in undertaking an under-guise operation without reasonable justification'.

Dental Protection defended the member, who had been the subject of an anonymous complaint to the GDC that he may be working without registration, and that his laboratory was in a bespoke setting in his home. The GDC instructed an under-guise operation creating a fictitious scenario with two private investigators posing as relatives of "Evelyn", an elderly relative who needed dentures but was too ill to attend in person.

The Interim Orders Committee concluded that any evidence from the investigation was flawed and unfair, and the GDC Fitness to Practise Committee halted any further action on grounds of an abuse of process.

Dental Protection, instructing Lee Biddle of legal firm BLM, sought an order against the GDC to recover legal costs, which the GDC conceded in August last year.

Most recently, the GDC accepted a declaration by the court that it has acted unlawfully by undertaking an under-guise operation without reasonable justification. This is in breach of the clinical dental technician's rights under Article 8 of the European Convention on Human Rights, the Data Protection Act 1998 and Data Protection Act 2018.

While the exact number of covert investigations undertaken by the GDC has not been established, a Freedom of Information request revealed that it spent a minimum of £15,416 on this in 2017 alone.

GDC response

Responding to a question about the use of 'undercover' investigations in fitness to practise, General Dental Council Executive Director, Fitness to Practise, John Cullinane, said: "The General Dental Council has used undercover investigators in fitness to practise cases extremely rarely. Where there is potential risk to the public, and where there is no other way to investigate a specific allegation that has been made, we will consider use of undercover approaches. A robust process is in place to assess risk to public health, safety and wellbeing, which is designed to balance public protection with the rights of the individuals concerned. We take this responsibility extremely seriously."

Updated National Minimum and Living Wages

From 1 April 2021, the National Minimum Wage rates are increasing.

The age from which workers become eligible for the higher National Living Wage will be lowered. This means that from 1 April workers aged 23 and over will now also be entitled to be paid at least the National Living Wage.

	Rate from April 2021	Increase
National Living Wage	£8.91	2.2%
21-22 Year Old Rate	£8.36	2.0%
18-20 Year Old Rate	£6.56	1.7%
16-17 Year Old Rate	£4.62	1.5%
Apprentice Rate	£4.30	3.6%

More information is available at <https://www.gov.uk/government/news/national-living-wage-increase-to-protect-workers-living-standards>.

National Insurance holiday for employers of veterans

Employers who hire former members of the UK regular armed forces will be exempt for any National Insurance contributions liability on veteran's salary up to the Upper Secondary Threshold (UST) in their first year of civilian employment.

This relief will be available from April 2021. Employers will be able to claim this relief for 12 months starting from the first day of the veterans first civilian employment after leaving Her Majesty's armed forces. Subsequent employers will be able to claim this relief during this 12 month period.

Further information is available at <https://www.gov.uk/government/publications/national-insurance-contributions-relief-for-employers-who-hire-veterans>

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Dentaid 32km Virtual 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.



For dental nurses by dental nurses

ITI Congress 2021 presents dedicated dental nurse programme

The ITI Congress UK & Ireland 2021 will cater for the entire dental implant team. As part of the comprehensive educational programme is a day dedicated solely to dental nurses. Presented by well-respected professionals in the field and covering a spectrum of interesting topics, this will be an ideal opportunity for dental nurses across the UK to update their knowledge and see for themselves what the ITI has to offer.

The programme has been designed by a team of highly experienced dental implant nurses, including Amy Thomas - dental nurse at The Dental Implant Clinic in Bath. She offers her thoughts on how the programme was put together:

"The dental nurses' programme is practical- and lecture-based to provide a well-rounded learning experience. We will start with the basics of implant dentistry, such as what they are and who is suitable, and a Straumann representative will share the history of implants. The idea is to provide some of the background information that dental nurses are not typically taught, broadening their knowledge of what they're doing and why, as well as how they can further assist the dentist and the patient."

Dental nurses will learn more about impressions and how conventional techniques are being replaced by digital processes. There will also be a recap of practical dental implant nursing skills, the importance of sterility, gowning techniques and the dental nurse's role in the future. Amy continues:

"Uniquely, dental nurses will get the chance to place an implant in a piece of bone themselves. This will help them understand the complexity of the surgery, the drill sequence and how they can support the dentist when treating patients. We will also look at sharpening instruments and the various other processes involved. We hope this will be as fun as it is educational for dental nurses."

In addition to the lectures and hands-on sessions, the ITI Congress will provide an opportunity for dental nurses to meet like-minded colleagues and network with professionals from throughout the profession. Amy adds:

"Many dental nurses sit in the same surgery every day working with one dentist for several years. There isn't much opportunity to see different techniques as you focus on the methods preferred by that dentist. Attending an event like the ITI Congress enables dental nurses to speak to others in a similar position, to share experiences and stories and learn about other ways of working. Even simple things like tips on improving posture can make a massive difference to individuals who may not have realised that there are solutions available to make their work more comfortable."

As part of the leadership team building the ITI Congress for 2021, Rajan Patel highlights the ITI community as a major positive of both the event and the membership:

"The leadership team wanted to make learning and networking opportunities for dental nurses - and hygienists and therapists - a big part of the Congress. It

is important to recognise all members of the implant team and provide a platform for those in each role to progress in their career. This programme offers a solid start for a long and successful journey in dental implantology, which we hope to further develop within the ITI over the coming years. Amy and the team are at the forefront of dental nurse education, able to pass their experience onto colleagues and helping to develop the next generation of implant dental nurses.

"The community and support aspect of the ITI is really important to us and a valuable asset of ITI membership. It is a global community built on friendship and a shared desire to maximise quality standards across the globe. We all need to interact with colleagues to discuss concerns, share problems and find solutions. In combining programmes for dentists and dental nurses in one event, we are encouraging integration within the implant team and highlighting the value of the dental nurse."

"Teamwork is essential for excellent treatment outcomes and patient care. The dental nurse impacts the efficiency of oral surgery, facilitates the patient journey and supports exceptional communication. They are often approached by patients with questions or queries, which they relay back to the dentist for more holistic and comprehensive care. A collaborative approach is crucial for successful implant treatment in the modern profession."

Commenting on the benefits of attending the ITI Congress UK & Ireland this October, Amy adds:

"The programme has been designed specifically with dental nurses in mind. All the speakers are normal dental nurses - hard-working and talented professionals who are in practice every day. They will, therefore, provide a very relatable experience for delegates. The event will also be a fantastic opportunity to meet with friends and colleagues and enjoy all the social aspects that we have been deprived of for so long. As a dental nurse, being able to attend an implant event with dedicated education and the chance to really get involved is very special."

Plus, we cannot forget the Straumann sponsored party on Friday night - always one for the books, this year's event is shaping up to be even better than ever.

So, if you are a dental nurse looking to enhance your knowledge and confidence in dental implantology, don't miss the ITI Congress UK & Ireland 2021 in Edinburgh this October!

ITI Congress UK & Ireland 2021
Partnered by Straumann
October 1-2 2021, Edinburgh

For more information, or to register for your place, please visit <https://events.iti.org/congressuk-ireland/>

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College of General Dentistry: Career Pathways and Ambassadors

The College of General Dentistry remains firmly on course to be fully activated on 1st July 2021, with a formal launch to follow in the autumn.

Amongst the many, different workstreams running in parallel in preparation for full activation, the College's career pathway for Dental Nurses (DN) and Orthodontic Therapist (OT) continues to move forward at pace. The Career Pathway Group has representation from all areas of the DN professional community. It has engaged with colleagues the length and breadth of the UK.

The College's career pathway will offer the dual benefits of enabling equality of opportunity for career development and progression, alongside a route-map for the achievements of DNs and OTs to be recognised within a novel, multi-professional, sector wide, recognition framework.

The pathway group first met in the Summer 2020. Initially the group focused on identifying, agreeing and naming the key progression stages for a DN/OT career. This was followed by more recent work to define, in an accessible form, what would be expected in the way of typical core knowledge, skills, behaviours, and essential attributes for successful professional performance at each stage. Thanks to the work of the Career Pathway Group, the DN/OT pathway is evolving into a robust but attractive route for professional progression.

The Colleges' career pathways are intended to work in tandem with routes offered by professional associations, societies and other bodies. This is part of the College's intention to complement rather than compete with existing organisations with their distinct roles.

Uniquely, the College will provide a transparent, progressive series of gateways that encourages DNs and OTs to maximise their development opportunities, with means to track their development throughout their career progression. The gateways offer much-needed commonality of approach to career progression across all registered dental professions, with parity of occupational esteem, unparalleled elsewhere in dentistry, nationally and internationally.

The next phase is to agree the descriptors for each of the stages within the framework. This will be followed by work to focus on identifying the support tools to assist with the implementation of the framework.

Other news of importance to DNs is the appointment of Drs Louise Belfield and Marina Harris as Ambassadors of the College (<https://cgdent.uk/2021/03/04/new-ambassadors-for-the-college-of-general-dentistry-reflect-commitment-to-the-team/>), reflecting the College's commitment to the dental team. Louise and Marina, who have dental nurse and dental nurse/dental hygienist backgrounds, respectfully, and a history of dental care professional education across all categories of registrants, add another welcome dimension to the already diverse team of College Ambassadors. The College looks forward to working with Louise and Marina in encouraging early engagement of all oral healthcare professionals in the future of the College. The more members and the greater the support for the College, the sooner it may be granted a Royal Charter and begin realising its mission and vision: excellence in oral healthcare and transforming public and patient attitudes to dentistry and oral health as an integral element of general health and wellbeing.

By way of a reminder, all registered DNs and OTs are, together with all other registered DCPs, most welcome to join the College now as Associate Members (AssocMCGDent). Once the College is fully activated on 1 July 2021, DNs and OTs with post-qualification awards, diplomas and degrees relevant to dentistry will be able to apply for enhanced membership standing within their Faculty – achieving progression in the career pathway structure- and, in addition, Full Membership, Associate Fellowship or Fellowship of the College. In this way, the College is truly opening new opportunities for all members of the dental team.



Alison Chant 1941 -2020

By Alex Moss M.B.E.

I am sad to announce the death of my colleague Alison Chant of St Albans in December 2020 at the age of 80. Alison was born in St Albans and where she grew up and for all her life was involved in her local church, where she took a prominent roll on her Parochial Church Council.

When she was a child she developed acute polio, which weakened her right side of her body and as she grew older this became more pronounced, but Alison did not allow her disabilities to take control of her life - Alison was resolute and fiercely independent which sped her on to leading a fulfilling life and exciting career.



Having trained at the Eastman Dental Hospital as a Dental Surgery Assistant, Alison gained her experience in the Orthodontic Department under Professor Ballard for a time and then after a short spell in Private Practice she embarked on her travels to the USA.

In the USA, Alison worked in the Eastman in Rochester, then Private Practice in Maryland, University of Texas in Houston and the University Pacific Dental School in San Francisco - to name just a few.

Alison worked in both undergraduate and postgraduate teaching hospitals where she gained a wealth of experience in the role of the Dental Surgery Assistant and in particular the new role of Close Support Dentistry, as it was then called, but now known as Four Handed Dentistry.

On her return to the UK, Alison secured a senior position at the London Dental Hospital where she led a course for Four- handed Dentistry training both undergraduates and Dental Surgery Assistants.

In 1980 Alison returned to the Eastman Dental Hospital in London to become the Principal of the Dental Surgery Assistants, then rising to become the Director of Dental Nursing in 1994. During her time at the Eastman she gained her F.E.T.C. and later a Certificate in Management Studies from the University of Kent, which she passed with a Credit.

Alison explored a full range of professional activities from training younger Dental Nurses from diverse backgrounds, to aiding in setting up a curriculum and running courses of all disciplines in dentistry which led her to working with Professors and clinicians alike, and becoming a representative for Dental Surgery Assistants on many different committees and Boards throughout her career.

One of her highlights in her career was when she was invited to Hungary in 1993 to join a joint European Union Project entitled " Modernisation of Dental Education " - this played to her love of travel- gaining cultural experiences and of course her professional skills.

From a personal experience I always found Alison would give sound advice and if she felt you were capable of more - then she would encourage and push you that extra mile.

Alison's career revolved around dentistry but her main love was for Orthodontics and became involved in promoting " Orthodontic Auxiliaries " - so in July 1994 she attended a "workshop" at Didcot for Employment and Training of Orthodontic Auxiliaries with great enthusiasm and this continued when Alison went on to support and seconded the forming of the Orthodontic National Group in June 1994.

Alison became an Honorary Member of the Group and loved to keep up with all our latest news and progress

Alison was a great inspiration to all the Dental Nursing profession giving encouragement and guidance where required - "her door was always open to anyone" and she was well respected by Heads of Department at the Eastman Dental Hospital

Alison was example to us all - never let anything get in the way of what you want to do in life - because Alison achieved so much but did not let the "after affects" of polio stand in her way - outside of work she was fun - a great sense of humour and always had a lovely smile that touched the hearts of all that knew her - Alison will be sadly missed.

Always here for our dental nurses



A business is only ever as good as the people within it. This is particularly true in dentistry, where the people providing dental care can make such an enormous difference to thousands of patients' lives. The dental nurse is a very important part of the dental team, performing a variety of tasks that ensure the smooth daily operation of the dental clinic alongside an exceptional patient experience.

At Colosseum Dental UK, we care more about our dental nurses. We want them to be involved in the decisions that impact their daily life in the clinic. We also value their feedback and their ideas. That's why our dental nurses are actively encouraged to speak up, to connect with individuals throughout our management and leadership teams in order to develop both the patient services available and their own working environment.

Every year, we conduct a Great Place to Work Survey, during which we give everyone across the business an opportunity to review how we're doing with our core values on the ground. We were delighted that more people than ever before took part for our most recent survey, giving us astounding engagement with over 80% of our people.

Among our dental nurses, we were delighted to find that:

- 76% are proud of where they work and would recommend Colosseum Dental UK to colleagues as a great place to work
- 78% value our leadership effectiveness
- 76% feel that our company vision, mission and strategy is clearly articulated within our clinics
- 76% share our sense of camaraderie
- 74% is our trust index among dental nurses
- 70% appreciate that they are treated fairly and with equality

We are very proud to have received such fantastic feedback from our dental nurses, especially given the extra challenges presented this past year. Despite everything, we are thrilled to have been able to continue showing that we care more about our people.

Aside from highlighting our strengths and the areas that our people value most, this survey will also provide a basis from which we can steer future developments and improvements across the organisation. An example of how we have done this previously is when we ran the Year of the Dental Nurse. This was in direct response to feedback from our dental nurses and provided an opportunity to enhance the working environment for our dental nurses specifically.

As a result of this campaign, we introduced pay rises for hundreds of dental nurses, we improved the benefits available – such as with

extended holiday entitlement for long-standing staff – and we reinforced our commitment to learning and education. Today, we will not only pay for our dental nurses to undergo training for additional skills that will benefit their clinics and their patients, but we will also increase their salaries once qualified in recognition of their enhanced capabilities. This is all in addition to covering GDC registration fees, indemnity costs and comfortable, Pastelli uniforms.

More recently, we created an entirely new role for our dental nurses, offering the perfect cross-over between the security of employment and the flexibility of locum work. The role enables dental nurses to have greater control over the hours that they work and to broaden their experience by working in different clinics within their area. It does this on an employed contract basis, meaning that individuals have access to employment benefits like income stability and a pension. There is also less travelling than might be required for locum work and a bonus scheme that allows dental nurses to top up their salaries as they work more shifts in our clinics.

Having already achieved all of this for our dental nurses, we look forward to what the future may hold. We are always open to new ideas and suggestions, and we retain an agile leadership team to ensure that we can action changes as efficiently as possible.

If you are looking for a great place to work, or you are seeking a new opportunity that facilitates a better work-life balance, Colosseum Dental UK could be the place for you.

For more information about Colosseum Dental, please visit: www.colosseumdental.co.uk/careers

#WeCareMore



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.

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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 – BDNJ Spring 2021'.

CPD questions – Mental health: an era-defining issue and dental nurses can help

1) What has been the trend for people in the UK reporting problems with their mental health?

- a) Numbers have been going up for the last two decades
- b) Numbers have been going up only since the pandemic
- c) Numbers have remained fairly static
- d) Numbers have been going down

2) Before Covid-19, how many working days every year were being lost to workplace related stress, depression or anxiety?

- a) We don't know
- b) Hundreds
- c) Thousands
- d) Millions

3) Which of these statements is true, according to data at the time

- a) During the first year of the pandemic, men saw their wellbeing more negatively affected than women's
- b) During the first year of the pandemic, men and women saw a similar impact on their wellbeing
- c) During the first year of the pandemic, women saw their wellbeing more negatively affected than men
- d) During the first year of the pandemic, children saw the biggest impact on their wellbeing

4) The oral health implications of cannabis use include...

- a) Lesions in the oral mucosa
- b) An increased risk of infection
- c) An increased risk of caries
- d) All of the above

5) For patients with an eating disorder, why might the dental professional be the first person to notice a problem?

- a) They notice unusual patterns of erosion due to purging/vomiting
- b) They notice discoloration
- c) They notice missing teeth
- d) Eating disorders have no impact on oral health

6) Obsessive-compulsive disorder may manifest itself in?

- a) Overzealous brushing
- b) Halitosis
- c) Better-than-average oral hygiene
- d) An interest in tooth whitening

CPD questions – Mental health: an era-defining issue and dental nurses can help

1) What is the average age that puberty begins?

- a) Age 13, for both girls and boys
- b) Age 10, for both girls and boys
- c) Age 11 for girls and 12 for boys
- d) Age 10 for girls and 13 for boys

2) The WHO defines "adolescence" as occurring when?

- a) Between the ages of 10 and 19
- b) Between the ages of 13 and 20
- c) Between the ages of 10 and 18
- d) Between the ages of 16 and 18

3) What is unique about puberty in humans?

- a) There are physical changes only
- b) It happens at the same time for both male and females
- c) It is a time for brain development as well as physical development
- d) It takes the shortest amount of time that for any other mammal

4) What proportion of adult smokers say they started before the age of 18?

- a) Half
- b) Two thirds
- c) Less than 10%
- d) Nearly all

5) Normal hormonal surges during puberty can lead to what?

- a) Puberty gingivitis
- b) Growing pains in the jaw
- c) Whiter teeth
- d) Puberty has no impact on oral health

6) How many child admissions for eating disorders were there in England during 2019/20?

- a) 51,794
- b) 21,794
- c) 10,794
- d) Less than 10,000



Mental health: an era-defining issue and dental nurses can help

Learning objectives

- To appreciate why we should all be talking about mental health.
- To know the oral health problems that can manifest as a result of poor mental health and related behaviours.
- To understand what dental nurses can do to help patients and how.

GDC Development Outcome: A

Mental health is a modern talking point. It is discussed widely in schools, on social media, in countless articles and on prime-time television. Many high-achieving celebrities have used their platforms to outline their own struggles, to bring the issue out of the shadows of stigma and shame and into the mainstream.

For the last two decades, there has been an upward trend in the number of people in the UK reporting problems with their mental health. This trend is only set to continue, and the expectation is that it will accelerate as a result of the pandemic.

The term “mental health problems” can be used to describe anything from minor distress or anxiety to a severe disorder that requires hospitalisation. It is a huge topic and, as a society, we are learning more about the range of issues it encompasses, also ways to spot the early signs in ourselves, as well as in family members, friends, colleagues and patients. We are also learning how important it is to look after our emotional wellbeing, and that of others, and to practise self-care. Self-care includes asking for help if we need it and encouraging other people to do the same.

The problem with statistics

When looking at statistics for the different types of mental health problems, we have to remember that a large number of cases go undiagnosed. There are many reasons for this, including those around funding for services. Also, despite efforts to challenge attitudes, a lack of understanding still exists, particularly



among older generations and within certain cultures, and this can be a barrier to accessing care. For example, a new mother might be told by a well-meaning older relative that sadness and exhaustion are normal after you've had a baby. But although the “baby blues” is a common condition, when those feelings become severe, don't pass after a few weeks and are joined by other symptoms including emotional detachment from their newborn, the mother could be suffering from postpartum depression (PPD). The understanding of PPD, and other types of perinatal depression, has changed dramatically, though previous generations of women had to suffer in silence. These are now recognised as serious conditions, with medical treatment generally required.

The pandemic, adding fuel on the fire

COVID-19 has had a devastating impact on mental health, throwing fuel onto an already burning fire. Pre-COVID-19, millions of days were being lost every year due to workplace related stress, depression or anxiety, and hospitalisations for various mental health conditions had been rising sharply.

Surveys taken at various stages of the pandemic paint a picture of how people have struggled to cope in the face of an unprecedented, worldwide event. With the data we have so far, the impact has been greater among families who were already struggling – an important point is that, across the UK, deteriorating mental health has never been uniform. The link

between socio-economic factors, such as unemployment and income, and health inequalities, including more mental-health problems, is well-established.

There has been particular focus on young people and their mental health since the first national lockdown, also on women who, the data suggests, saw their wellbeing more negatively affected than men during the first year of the pandemic. But at one time or other, we are all likely to have experienced feelings of loneliness and isolation, anxiety about our health and that of our loved ones, also job insecurity, worries about finances and a sense of helplessness. Many of us would have experienced fluctuating moods too, as the situation changed. When children began returning to school, for example, responses to the government's Opinions and Lifestyle Survey (OPN) showed that people were reporting higher levels of happiness as we took one step closer to "normality".

We must consider too, the impact of the pandemic on the mental health of social care workers. In the dental practice, one new source of workplace-related stress since COVID-19 may be physical discomfort, caused by the required donning of additional PPE. A key way to mitigate workplace-related stress is to encourage a mutually supportive atmosphere, based on open communication between all colleagues.

Mental health and oral health

Dental nurses need to know the ways that mental health problems can impact on oral health. A patient who is suffering from anxiety or depression may be neglecting their self-care, including oral hygiene. Behaviours that some people use to cope, such as smoking and drinking to excess, are a major hazard not just to oral health, but to all-round good health. Ditto over-indulging in comfort foods, which tend to be high in sugar and/or salt as well as high in fat.

Recreational drug use also often increases as a result of mental health problems. The oral health implications of cannabis are an increased risk of caries and dental disease, infection and lesions within the oral mucosa, and more. Cocaine use can also lead to oral lesions, increased erosion and attrition. It can have dramatic orofacial effects and



impact on dental treatment stability too.

Medication for a mental health disorder may cause dry mouth and there are plenty of things you can suggest they try to improve their comfort. For example, regular sips of plain water throughout the day, also chewing sugar-free gum can help, as can sucking ice-cubes and sugar-free ice-lollies.

Obsessive-compulsive disorder may have manifested itself as over-zealous brushing which has led to tooth wear, and there is a range of dental complications that can occur in patients with an eating disorder. In fact, the dental professional may be among the first to suspect an eating disorder due to the nature of these complications, such as an unusual pattern of erosion, due to purging/vomiting.

Or there might be mental health problems as a result of poor oral hygiene and/or shame about the appearance of the teeth, such as misalignment or discolouration. Dental nurses are ideally placed to inform patients that modern solutions are not just minimally invasive, but are often more affordable than they might think, especially with a payment plan. The dental nurse will be able to give advice on elevating daily oral hygiene for greater confidence, and also discuss treatment options that may be lifechanging for the patient.

Some patients may have neglected their oral health because of dental phobia. Severe dental phobia, an irrational fear of the dentist, remains common but, again, there are supportive interventions that can be initiated by the dental team once an individual has been encouraged to talk about how they feel.



An overwhelming issue, but don't be overwhelmed

The issue of mental health is defining our era and, especially since the pandemic, has been talked about in terms of a crisis. Dental nurses can play their part by making a commitment to ongoing education and learning, so that they can help as many people with mental health problems as possible. Colosseum Dental UK is dedicated to providing dental nurses with on-going training in a range of key, relevant issues such as mental health, so they can really make a difference.

People with mental health problems face many barriers to oral health, but we want them to access the care they need to reduce the risk of oral disease and enjoy the benefits of a clean, hygienic mouth. When treating someone with a mental health problem, dental nurses must tailor preventive programmes depending on the severity and type of illness and may find it useful to educate family members or carers too. The dental nurse must deliver key messages about diet, also tobacco, drug and alcohol misuse and support a positive, effective daily cleaning routine. This will help every patient feel a bit more ready to face the world.

One of the most important things the dental nurse can do, though, is to help each and every individual feel comfortable and not judged. You do not know when someone might decide to unburden themselves to you, and you will have to be ready, willing and able to help them.

For more information about Colosseum Dental, please visit www.colosseumdental.co.uk/careers

Adolescent patients and how to support this vulnerable but often overlooked group

Learning objectives

- To appreciate the wide variety of pressures that young people face during adolescence.
- To understand the oral health problems that can manifest during this time.
- To understand why communication is the key to achieving better outcomes for this group.

GDC Development Outcome: A

Adolescence is an important life stage. The World Health Organization (WHO) defines it as the time between childhood and adulthood, from ages 10 to 19. But scientists have also argued how factors like the earlier onset of puberty in many populations have extended the transition period from child to adult.

At the heart of adolescence is puberty, a hormonal surge that begins, on average, at age 11 for girls and 12 for boys and ends in their sexual maturity. Puberty is a time of rapid change and although some young people are lucky enough to get through it relatively unscathed, when the biological, physical and psychological impacts of puberty combine with other factors, this can make adolescence tough going.

What is unique about human puberty is that it is a time of brain development as well as physical development. So while their body is changing, and it can take time to “grow into” their new physique, particularly if they are behind – or ahead of – their peers, a young person also has to deal with emotions that might seem overwhelming. Relationships are often harder to navigate as adolescents pull away from the family unit and instead seek a sense of “belonging” elsewhere, such as through friendships, or social media.

Adolescent health needs its own spotlight

Generally, for all healthcare services, we had seen a tendency to focus on how to improve access to quality care for the very young



and very old – but there is evidence that this has started to change. In particular, it is now widely recognised that there is an urgent need to improve mental health services and support for teens and younger adults.

In the dental setting, raising standards of childhood oral health has been a key target across the profession for some time. Practice teams and practitioners have been working with parents, carers, schools, pre-schools and youth groups to help children learn the good habits and behaviours they should maintain for a lifetime. As your youngest patients grow older and more independent, care must be tailored to ensure that they do not lose this foundation of understanding, and to also address the unique blend of issues specific to adolescents.

The dental nurse can be the best person to lead the way. With adolescents,

communication, or lack of, can be the most significant barrier to improving their health and wellbeing. The dental nurse should encourage the young person so see them as someone who combines clinical knowledge with a less “intimidating” persona than a dentist. You are someone who it is OK to speak freely to without being judged, who will give informed advice, and help them to identify a need to access additional, specialist support when necessary.

The first step is to familiarise yourself with the kinds of oral health problems that may manifest themselves during adolescence. The hormonal rush that comes with puberty itself can lead to increased blood flow to the gums and a number of dental issues, such as sensitivity, also gums that are swollen and prone to bleeding. Puberty gingivitis, if untreated, could develop into



periodontal disease, which is why motivating adolescents to continue practising good oral hygiene is essential, to mitigate these risk factors. The symptoms of periodontal disease, including chronic halitosis, would be upsetting for an image-conscious teen, and possibly lead to social withdrawal. An effective daily cleaning routine, along with regular preventive-maintenance appointments, will support their health and emotional wellbeing.

Risks and social media

Adolescence is a time to explore risks; it is when habits like smoking are initiated and when they'll try their first alcoholic drink. Two thirds of adult smokers admit they started before the age of 18. We must give young people credit – they know tobacco, drinking to excess and recreational drugs are bad for them. Rather than telling them this again, you could encourage them to talk to you if they have questions, are worried or want to stop. Every practice should be able to offer smoking cessation support. A multi-agency approach will be required for alcohol/recreational drug issues, but the first step to solving any problem is just talking about it, to an empathetic, kind and encouraging ear – and this is where the dental nurse can come in. When young people start becoming sexually active, they should also know about the links between the human papillomavirus (HPV) infection found in the mouth (almost entirely sexually transmitted) and some types of cancer.

We cannot talk about adolescents without considering the impact of social media. For all healthcare professionals, it can be hard not to automatically cast social media in the

role of villain. Social media platforms carry a great deal of misinformation and photo and video-sharing apps like Instagram and TikTok can create unrealistic expectations about appearance and lifestyle in general. But social media is here to stay, and we all need to learn to work with it, not against it.

On the positive side, the visual nature of these apps has made a beautiful, healthy smile a desirable asset for photos. For younger patients who want to look better in the ubiquitous selfies, the dental nurse, alongside the rest of the team, is there to deliver the message that a wonderful smile is achievable if they follow a few simple rules and take good care of their oral health. For example, they might not be aware that the best way to both remove and prevent staining is via effective brushing and other preventive practises which they will learn from you.

Nutrition and early signs of a problem

Another topic for dental nurses to discuss with their adolescent patients is nutrition. A low sugar, low salt, well-balanced diet and staying well-hydrated protects general and oral health. But these intense years are often a time when an eating disorder develops and there are worrying signs these could be on the rise. Figures for England showed there were 21,794 admissions for children with eating disorders in 2019/20 (up from 16,547 in 2017/18).



There are various dental manifestations with all eating disorders, and the dental team should familiarise themselves with them. A patient with bulimia nervosa may appear to be a normal weight, for example, but have abnormally severe erosion of the upper anterior teeth due to self-induced vomiting. Other dental manifestations of an eating disorder include tooth wear, legions, and caries caused by high-sugar binging. With erosion caused by purging becoming apparent in as little as six months from the onset, dental teams can be the first to "sound the alarm" if an eating disorder is suspected. It will take a combination of healthcare professionals and therapists to restore someone with an eating disorder to good health, but the dental nurse will be there to listen, support and talk. Simply just explaining to a patient what you can see, and your concerns, might encourage them to open up.

Adolescents are a group that often got side-lined in the past, but dental nurses have a duty of care to protect this vulnerable group, to ensure they steer their way through these sometimes-tricky years. It is a vast, all-embracing topic; Colosseum Dental UK is committed to providing dental nurses with on-going training in a range of key, relevant issues to help them lead from the front. Dental nurses are well placed to improve adolescents' physical and emotional wellbeing via oral-health promotion, by motivating them in preventive practises and also by signposting the need for an intervention, for something that might be outside the remit of the dental setting.

For more information about Colosseum Dental, please visit www.colosseumdental.co.uk/careers



Dentistry saved my life: Coping with loss in a pandemic

By Debbie Smith

I started working as a dental nurse in February 2008. I found a career I could sink my teeth into, please forgive the pun that's how I am. This job was all down to my mum networking on my behalf. A friend of hers working as a receptionist in a local practice secured an interview and I finally found my passion.

Fast forward 10 years, I had completed my Level 3 NVQ in dental nursing and three post-qualification certificates. I wanted more from my career. I had tried twice to get a place on a dental hygiene and therapy course and had no luck. I was limited on where I could apply to due to my lack of traditional qualifications and the restricted entry requirements of some universities. I told myself this was it. It was my last attempt at getting into dental hygiene and therapy and if this didn't work, I was considering turning my back on dentistry altogether. I couldn't face the anguish of rejection again.

The letter arrived... I had done it! An offer to study dental hygiene and therapy. My life felt like it was all falling into place and I began to daydream of graduating and my future career.

Going from a full-time dental nurse salary to a student lifestyle was going to be a challenge but I was hungry for it, I knew I could get there. I told myself "short-term sacrifice for a long-term gain" and the reassuring voice of my mum telling me she would be there support me gave me the strength to take this leap of faith.

Fast forward again, Monday 23rd march 2020. I'm in my second year of my diploma in DHT. The United Kingdom enters a three-week lockdown due to the rising concern over the spread of Covid -19. I was a little rattled knowing my mum suffered with COPD and that this would mean she was at a significant risk if she contracted it but I was glad she was going to be forced to stay home.

The next day, she was admitted to hospital after I found her semiconscious with a raging temperature. On Saturday 28th March, five days into the first national lockdown, I held her hand, dressed head to toe in PPE and I watched her pass away.

I was in shock, in less than a week we went from celebrating Mother's Day to her no longer being here. My world fell completely apart and I couldn't grasp if this was reality or not.

In dentistry we ask patients to give their pain a score to help us quantify their level of discomfort as pain is subjective. This was a 10/10 – unbearable, unimaginable, severe and debilitating pain. Like no physical pain I have ever experienced.

One thing I hadn't anticipated on my journey as a student was that the world of dentistry would come almost completely to a standstill due to a global pandemic. Another thing I hadn't anticipated was losing my mum as a result of it.

I fell into a depression. I lost all passion and all motivation. There were days I didn't leave my bed. I was an empty shell of what I once was and the one person who made everything better was no longer here to fix it.

After a 14-day quarantine period I couldn't go anywhere. I couldn't see my family or friends. All anyone talked about was covid, it became a word that felt like a punch in the stomach every time I heard it. It would conjure up feelings of nausea. How could I face the world when the word itself was enough to set my heart racing and for me to disappear into a puddle of tears. I felt like I had nothing, I wondered how I would get through. I considered quitting, my course, my job and even my life. That vision of my mum being with me at my graduation was gone and now I didn't think I had the strength to make it to that point anyway. I just wanted to give up. I then remembered before my course I made her a promise that I was going to finish my course (she made me do this after she forked out a small fortune buying the text books from my reading list). It was at this point I realised I had gathered the strength to get through from anywhere I could.

Dentistry is about team work, one of the many things I love about it. You rely on those around you to work with you to provide the best care you can for your patients. A value that is very dear to me. I'm lucky enough to work



with teams of people both as a student and as a nurse in practice who I consider an extension of my family. The support I received (and continue to receive) from colleagues is rivals no other. My tutors, my colleagues and my employers all put the pieces of my shattered existence back together and every time I feel like I can't do something they make me realise I can and I will. Now more than ever I realise how important dentistry is to my life, it saved me and gave me my purpose back. I am lucky to have the colleagues and friends I do cheering me on and I am now determined more than ever to achieve my dream, for myself but mostly I am made a promise to my mum and I'm going to make her proud.

Dedicated to my amazing support network of friends and colleagues. Thank you.

Debbie started working as a dental nurse in 2008 and gained the following professional qualifications during her career working in general practice and orthodontic practice:

- Dental Nursing Level 3 NVQ 2010- City & Guilds
- Dental Radiography 2012- NEBDN
- Oral Health Education 2013- British Dental Association
- Certificate in Orthodontic Nursing 2016- NEBDN

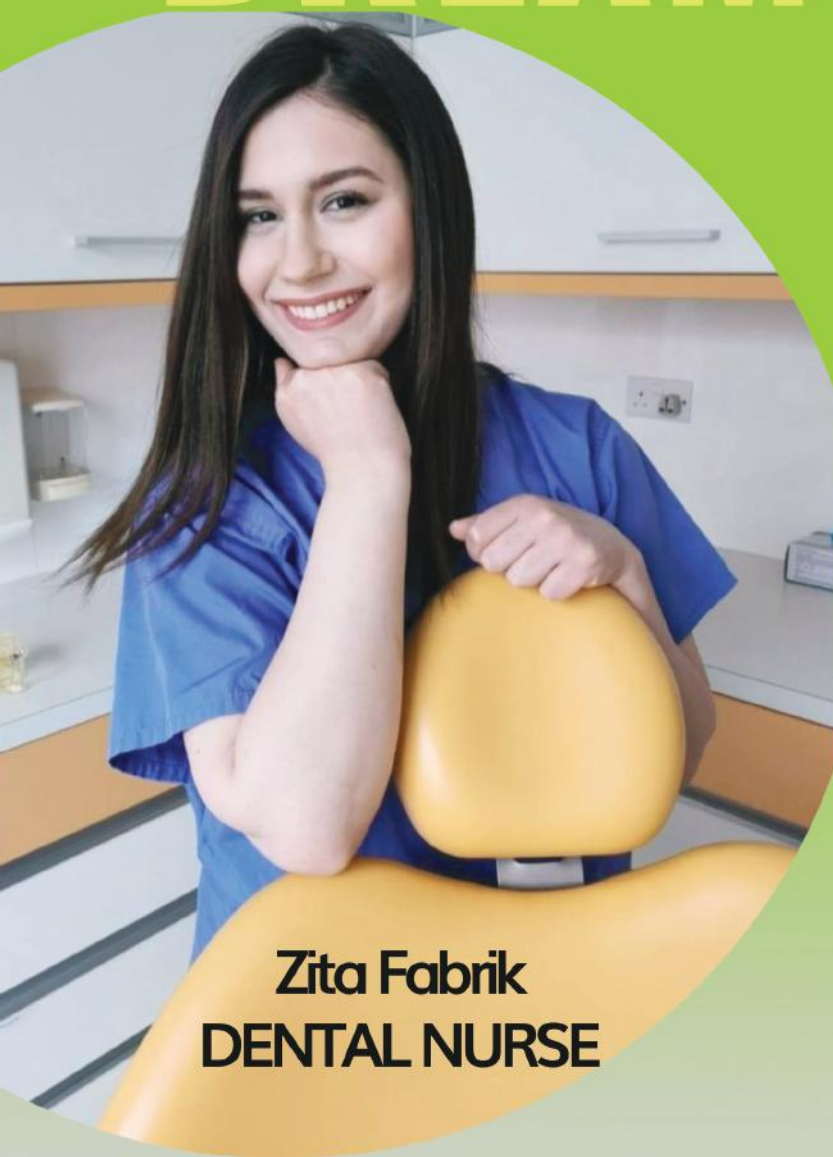
She currently works in an orthodontic practice based in Surrey part time while studying for a diploma in dental hygiene and therapy full time. Oral health education and disease prevention has always been her passion and in 2013 she competed in the Orthodontic Nursing Group award and won 2nd place.



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Raisin Awareness – a campaign to eliminate cariogenic snacks from primary schools

By Jo Dawson



For over 30 years, I've worked in NHS & private dental practices, with GDPs and specialists, and have always loved being a Dental Nurse. The reward from helping a patient complete a course of treatment and seeing them leaving with a healthier beaming smile gives great satisfaction. The opposite is true when I've witnessed distressed parents watching their children have treatment that could have been prevented. After gaining the NEBDN Oral Health Education qualification I was hopeful that I could offer useful information and help families within my practice. I had no big notions of changing the world, although it did break my heart to read about the numbers of kids having GAs for XLAs and wonder why this trend couldn't be reversed. I was happy in my job just balancing work and home life, and making sure that my kids wouldn't need a filling anytime soon.

When my kids started primary school, I was shocked to discover that the government-funded School Fruit and Vegetable Scheme in England was giving out dried fruit as snacks and the school was allowing all sorts of cariogenic processed fruit snacks to be eaten at playtime (thinking they were natural and healthy). I naively thought that a quick word to SFVS & the Department for Health & Social Care about how it went against PHE advice (Delivering Better Oral Health - a toolkit for prevention) would result in a quick withdrawal of dried fruits from the scheme. I had no idea what was to come.

When SFVS & DHSC decided it wasn't a problem, Raisin Awareness was born.

Since then it has snowballed into an opportunity for Oral Health Promotion in action, delivering dental messages to families and building relationships between dental practices and primary schools at the heart of their communities.

At times I've felt like giving up. When the official response is building seemingly insurmountable brick walls of excuses to hide behind. When I'm on my computer sending emails to rally support instead of spending time with my family. Feeling guilty about the neglected housework and allotment full of weeds! Why am I doing this when I could have an easy, quiet life?

The answer is resoundingly simple. My professional duty. I can't stand by and do nothing. All of my training has instilled in me how we have such a gift to offer and the importance of it. Just because all of the children in my kids' school aren't patients at my practice, doesn't mean I shouldn't put their interests first. This is my inspiration. Whenever I feel overwhelmed and negative thoughts come saying, "Just give up," this is what carries me on.

Like many of you I have enjoyed voluntarily visiting local preschools and schools to offer OHE. I'm not special, I'm not unique. I'm a dental nurse and I'm proud to say it. We work hard and care for our patients. Often going above and beyond. Every member of every dental team plays a part in making each patient experience what it is. We mostly do it within the 4 walls of our surgeries but every now and again, we step out.

Would you like to get more involved with Oral Health Promotion in your community?

Raisin Awareness Aims

- To end dried and processed fruit snacks in primary schools
- To improve the Oral Health of children in primary schools
- To link Dental Practices with Primary schools
- To supply regular Oral Health Education literature to all pupils

Raisin Awareness has successfully implemented a pilot in one school with one dental practice. Devonshire House Dental Practice in Cambridge has been sponsoring the Raisin swap in a local primary school for 164 children. Local vegetable delivery was sourced, and when the raisin swap was in place, the governors were subsequently able to change the whole school snack policy to make it more tooth-friendly. OHE is now being supplied to the whole school of over 300 pupils.

Given the great success of this first pilot, Raisin Awareness wants to give more surgeries the opportunity to join in.

Would you like to get your practice on board?

Right now: Nationwide expansion- wherever you are in England

(There may be opportunity in Wales, Northern Ireland & Scotland later if it is felt a need is there)

Is your practice... ?

- Family friendly
- With a culture which promotes prevention
- Caring about your local community
- Interested in making a difference to children's Oral Health nationally
- Ready to see the benefits from offering staff an opportunity to expand & develop their role
- Looking to invest in a different type of marketing

You may have children attending a local primary school or no connection at all.

Visit <https://smilerevolutiongrowthhub.com/who-we-work-with/> for more details and to Register Your Interest.

As a bonus, if you join in, as well as getting great local publicity and the satisfaction and feel good factor, your practice logo and contact details will appear on the frequent OHE handouts.

Raisin Awareness doesn't want dental practices to take over from the government to pay for first day veg indefinitely. We are continually working with our partners to change government policy.

On-going lobbying of DHSC to stop SFVS giving out dried fruit as snacks.

National Support for the campaign is growing.

I would like to thank everyone who has supported the campaign so far and give a mention to Victoria Wilson at Smile Revolution for use of website page and to Philips for sponsoring my place on the Oral Health Promotion Project course.

Amongst the dental community we now have support from BADN, BDA, OHF, BSPD, BSDHT & BADT.

We are also working with Sustain and a group of interested parties (including Soil Association, School Food Matters, BiteBack2030, Chefs in Schools) to expand and improve the SFVS for everyone.

Exciting times.

Look out for a social media campaign coming soon... details will be emailed from BADN office.

Find out more today

DENTAL AWARDS 2021

THE DENTAL AWARDS 2021

2021 marks the 22nd edition of the Dental Awards. Over the years, this prestigious event has recognised the outstanding individuals and teams whose commitment and drive continues to raise standards throughout the UK dentistry profession.

Visit **the-probe.co.uk/awards** or contact us at:

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Smile

Eastman Dental Hospitals aiming to become smoke free

By Talat Benyas

A free smoking cessation referral service covering the boroughs across London, as well as England, was launched in November 2020 at the Royal National ENT and Eastman Dental Hospitals, which is part of UCLH NHS Foundation Trust.

The idea of this service is to promote the NHS programme to help patients at the Eastman Dental Hospital to have an opportunity to quit smoking whilst attending their dental appointment.

Patients will benefit from quitting prior to any dental procedures including dental implants, oral biopsies and surgical extractions as smoking greatly increases the risk of complications. Complications include delays in the healing process which could impair clinical outcome including a higher risk of implant failure. In addition, smoking can also increase the length of stay in hospitals too.

The overall benefits of stopping smoking will also reduce the risk of lung (COPD) disease and heart conditions. Smokers are also at increased risk of mouth, lip and tongue cancers along with increased risk of having periodontal or gum disease.

The smoking cessation service we have introduced includes a very brief verbal interaction, an advice leaflet handed out to all patients arriving at the New Patient Zone at the hospital along with a questionnaire. A qualified Stop Smoking Advisor collates all the responses from the patients who have indicated that they are willing to be referred for a quit attempt. Referrals are electronically signed by the Stop Smoker Advisor via the electronic health records system. This includes a brief social history and tobacco assessment. By consenting to the referral, patients are agreeing that their details will be shared with the National Referrals System (NRS). The NRS will then send out the patients' information to the Local Stop Smoking Service (LSSS) based on their post code. Referrals are rapidly assessed within 48 hours and patients are contacted. They will then have the opportunity to discuss their preferred treatment which includes a variety of Nicotine Replacement Therapies and Non- Nicotine based products which are available to help them to quit.

Introducing this service was a huge team effort by a multi-disciplinary team who are committed to supporting our patients and visitors to "QUIT SMOKING AND IMPROVE YOUR HEALTH."

It is important that this service is introduced to all dental hospitals and general dental practices across the UK so that every patient who smokes will have a good opportunity to quit and improve their health in general.

Case History

A 32-year-old gentleman attended the clinic. He gave a history of smoking 40 cigarettes a day for many years but was sceptical of his chances of giving up as he had several failed previous attempts at quitting.

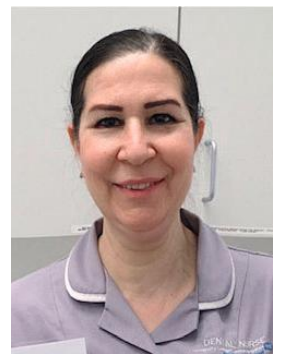
He spoke with the Stop Smoking Advisor who gave encouragement and pointed out that his previous failed attempts at quitting would give him a better chance of success this time. This is because studies show that individuals with previous failed attempts at quitting have a better chance of success because they have more understanding about what to expect.

They understand more about the products available to them including those that did not work previously.

Following this conversation, he became motivated to have another go and agreed to a referral via the NRS to his local service.

Talat Benyas qualified as a dental nurse in 2007 and currently practices at the Royal National ENT and Eastman Dental Hospitals which is part of UCLH NHS Foundation Trust. She has a post qualification in Oral Health Education and a long-standing interest in smoking cessation.

She qualified as a Stop Smoking Advisor in 2019 and has recently set up a smoking cessation service which targets all new patients at the Eastman Dental Hospital.



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Caring for our teams



Charlotte Rogers has worked at Charlton Dental Clinic as a dental nurse for many years. She shares her experience of what it was like when her clinic joined Colosseum Dental UK:

"Not a lot changed in the clinic initially when we joined Colosseum. After a few weeks, the new leadership team started to visit the clinic to see what it was like. They listened to what we had to say, which was something we were not used to!

"In fact, the Colosseum leadership team are constantly asking for our opinions. This can be via the annual 'Great Place to Work' survey, regular visits to the clinics, making themselves available for calls or emails at any time and, pre-COVID, our annual showcase event.

"More than anything, the recent Year of the Dental Nurse re-enforced that Colosseum Dental sees us all, not just as dental nurses or mere employees, but as valuable colleagues. We have a voice that will be listened to."

The Year of the Dental Nurse was all about improving the working environment and the opportunities available to individuals in this role. It sought the opinions and experiences of dental nurses throughout Colosseum Dental UK and used these to develop new benefits specifically for them. Among some of the enhancements made were hundreds of pay rises, the chance to learn new skills with training costs covered and the opportunity to earn more as a result of the advanced capabilities obtained. Longer holiday entitlement was also made available to long-standing dental nurses as a thank you for their continued hard work and dedication to their patients.

This has not been the only way in which Colosseum Dental UK has invested in its people, its clinics and its patients. Even at a time when most dental providers were pulling back, we carried on strengthening and improving all aspects of our organisation over recent times. Charlotte says:

"In the last few years, Colosseum Dental has made massive investments in both our people and buildings. We had a huge refurbishment project, investing in lots of state-of-the-art equipment.

"There is also always training and education available. Right now, I am just waiting for my place on an implant course for dental nurses. When you reach a certain age, you tend to think you are 'over the hill'. I've been really impressed at how

the company appreciates the experience we oldies bring! I feel quite excited to be learning new skills. I may not have had the confidence to take on something like this in the past, but my practice manager, Monalisa, has been gently nudging me out of my comfort zone since she started just over a year ago. She's amazing too!"

The happiness, professional accomplishment and wellbeing of our people matter greatly to us. We will continue to support our people and show that we care more in all that we do. Charlotte concludes:

"I think it was Richard Branson who said 'Customers are not the most important part of your organisation, your staff are. If you look after your workforce properly, they will give your customers exceptional service.' Colosseum are obviously aware of this. They understand that if we, as a team, feel cared for, we will always go that extra mile for our patients. The company cares about all of us, from the cleaners to the specialist dentists and everyone in between.

"Having worked at Charlton Dental Clinic for coming up to 24 years, I have seen 5 changes of ownership in that time. I have to say that Colosseum are the only ones to really listen to us and actually take on board and act on the information we are giving them. As long as they stick with me, I'll be sticking with them."

For more information on what opportunities are available for dental nurses with Colosseum Dental UK, visit the website and get in touch today!

For more information about Colosseum Dental, please visit www.colosseumdental.co.uk/careers

#WeCareMore





DCP Study Day

Friday 18 June 2021 | Held at RCSEd Edinburgh

6 CPD points available | Course fee: £45.00

This full day session is designed to update DCPs in some of the GDC highly recommended topics. The topics discussed will be in workshop and lecture format. This course aims to provide DCPs with current guidance and legislation requirements for a number of their CORE topics with the GDC.

After attending this one day session, delegates will be able to:

1. Understand the principals of Health & Safety including Risk Assessments. List actions to improve health, safety and wellbeing of self and others. Describe accident reporting requirements in line with legislation.
2. Consider personal and professional responsibilities. Discuss how GDC registration affects clinical and personal activity. Understand the importance of indemnity & discuss GDC Fitness to Practice.
3. Discuss current Legislation IR(ME)R 2017 and IRR 2017. Define radiation protection in dental environments.
4. Describe the purpose of maintaining water lines and preventing legionella. Discuss diseases relevant to dentistry. Describe the Chain of Infection and understand the transmission of various infections.
5. Recognise signs and symptoms for a variety of medical conditions. Describe storage and use of medical drugs following Resuscitation Council (UK) guidelines.

Register now online

www.rcsed.ac.uk/events-courses/course-details-core-topic-study-day-for-dcps



Abhi Pal to be first elected President of CGDent and final FGDP Dean

Abhi Pal has been elected as the next Dean of the Faculty of General Dental Practice UK (FGDP), and will become the first elected President of the College of General Dentistry (CGDent).

Dr Pal qualified in 1987 with honours and distinction from Guy's Hospital, London, and has worked in general dental practice ever since, joining The University Dental and Implant Centre, a mixed NHS and private practice in Edgbaston of which he is Principal, in 1991.

With special interests in dental implantology and restorative dentistry, he is Editor of FGDP's Training Standards in Implant Dentistry, for which he is currently leading the development of mentoring requirements, and was a tutor in Risk Management on the University of Warwick's MSc courses in implant and restorative dentistry for seven years.

He joined FGDP in 1997, becoming active in its West Midlands division as a tutor and examiner for the MJDF, and later being awarded the Diploma of Fellowship. He was elected to represent the region on the National Faculty Board in 2014, was re-elected in 2017 and 2020, and is Chair of the FGDP Professional Affairs Committee, and a Senior Member of the Faculty Academy. In addition he represents the Faculty at meetings of Health Education England's Advancing Dental Care Stakeholder Forum, and is involved in the development of a GDP career pathway for CGDent.

He has also previously served the Faculty as Chair of both the Education and Finance Committees, as Junior Vice-Dean (2016-17) and Senior Vice-Dean (2019-20), and as its representative on the Health Education England dental advisory group and NHS England clinical reference group on record-keeping standards.

He is one of the authors of the FGDP-CGDent guidance, Implications of COVID-19 for the safe management of general dental practice, and has played a leading role in developing the Faculty's international relationships, most recently organising a joint webinar on dental practice during the coronavirus pandemic in conjunction with the dental associations of Kenya, Sri Lanka and Nepal.

Abhi also holds the Expert Witness Certificate from Cardiff University Law School, and has twenty years' experience of providing clinical assessments and reports, and giving evidence at courts and hearings, as an independent expert for lawyers, regulatory bodies, insurers and defence organisations. He advised Heart of Birmingham NHS Primary Care Trust on dental complaints, clinical governance and commissioning for twelve years, and brings his dento-legal knowledge to bear in representing the Faculty on the GDC's complaints handling policy group, and at Dental Complaints Service stakeholder meetings. In 2019 he was also Guest Editor of a themed issue of the Primary Dental Journal on dento-legal matters.

He is a Fellow of the Faculty of Dental Surgery of the Royal College of Physicians and Surgeons of Glasgow, has a Postgraduate Award in Medical Education from the University of Warwick, and holds the Membership in General Dental Surgery qualification of the Royal College of Surgeons in Ireland. He has also been a Foundation Trainer for twenty-five years, and is a member of NHS Education for Scotland's National Review Panel for Vocational Training.

Elected for a three-year term, he will be inaugurated as FGDP(UK)'s eleventh and final Dean on 25th June 2021, succeeding Ian Mills. He will become the first elected President of the College of General Dentistry, succeeding the Honorary Founding President, Nairn Wilson, upon the transfer of the Faculty to CGDent. It is intended that the transfer will take place on 1 July, though membership of CGDent is already open to all dental professionals.

Commenting on his election, Dr Pal said:

"I would like to thank my colleagues for the faith they have placed in me. It will be an enormous privilege to lead this country's only professional body dedicated to general dental practice, an organisation with which I have been involved for 24 years, and a deep responsibility to be the first elected President as the Faculty fulfils its destiny of



Dr Abhi Pal



becoming an independent College of General Dentistry. I invite all those in the general dental professions in all four nations of the UK to join us as we take this historic step."

Ian Mills, current Dean of FGDP(UK) and a Trustee of the CGDent, added: *"Many congratulations to Abhi on his election as Dean. An accomplished practitioner, with a proven commitment to postgraduate dental education and a detailed understanding of good practice and standards, he is a highly respected colleague and members should be delighted that our organisation will be in such good hands at this critical time."*

STOP PRESS: BADN GOODIE BAGS

As our new member boxes have proved such a success, we are now offering a small bag of BADN goodies in our online shop. The BADN goodie bag will consist of a BADN pen, coaster and key ring (with trolley pound), in a package designed to go through your letter box, for just £5 from our online shop at www.badn.org.uk – just log in to your member account to access the shop.



Check now to ensure you will meet the 10 hours over 2 years CPD requirement

All dental care professionals should check now to ensure they are on track to meet the minimum CPD requirements for maintaining GDC registration before the end of the CPD year on 31 July 2021. This includes the need to comply with the 10 hours over two-years rule and making an annual CPD statement.

The Enhanced CPD Scheme requires all dental professionals to complete a minimum of 10 hours of verifiable CPD over each consecutive two-year period, including any two-years that span more than one CPD cycle. This means in one year you could do no CPD activity, but in the following year, you would need to complete 10 hours of CPD to meet the requirements. This rule has been introduced to help ensure CPD is spread out over the full five-year cycle, and is the reason you are asked to make a CPD statement each year at annual renewal time.

You must meet these requirements to maintain your GDC registration.

The only exception is those who are new onto the register, so have not yet started a CPD cycle. Please check the number of CPD hours you logged last year on your eGDC account, and the number done so far this year, to ensure you are able to meet the minimum requirements.

If there is shortfall due to COVID-19, please do all that you can to be compliant by the end of the CPD year. However, if this proves not to be possible for reasons related to COVID-19, the GDC will take your exceptional circumstances into account. You might also consider applying for a grace period if you need more time to complete your CPD, but you need to apply for this in writing before the 31 July deadline. Further guidance on CPD requirements and the rules of the Enhanced CPD scheme are available from the GDC website, which includes tools to help record and submit CPD. For further information or advice on CPD requirements please contact the GDC.

This is an advert from PG Mutual

What is Income Protection Insurance?

Life is unpredictable. No one likes to think about the unexpected, but a surprising amount of people in the UK would fall upon serious financial trouble in the event of a debilitating illness or injury. If you want to be prepared for whatever life throws at you, income protection makes perfect sense. In return for a small proportion of your salary each month, an Income Protection Plus plan could provide you with a regular, monthly income to replace up to 70% of your salary if you were ever unable to work due to illness or injury until you return to work or reach age 65 (whichever comes first).

Income protection insurance could help you to pay:

- Mortgage or rent
- Household bills
- Childcare costs
- School and university fees
- Car loans

Income protection can also help you to maintain your standard of living. If you lost your income you may struggle to maintain your normal lifestyle and treats like holidays and meals out may have to stop.

How much does income protection cost?

This will depend on the policy and your circumstances. Income Protection Plus covers a wide range of illnesses and situations and has the potential to pay out up to a member's 65th birthday if necessary.

The cost of a policy will vary based on a number of simple factors, including:

- Your age
- Smoker status
- The percentage of your income you'd like to cover, (maximum 70% Gross Income).
- "Deferred period" - How long you choose to wait if you are unable to work due to illness before the policy pays out – options available from 7 days up to 12 months
- Your health

How affordable is cover?

Example Quote:

28yr old Dental Nurse, monthly benefit £750 payable after just 7 days of being unable to work on PG Mutual's Premium cover would cost £19.31 p.c.m however as a BADN member you are entitled to a 20% discount off the first 2yrs of membership which would lower the quote to £15.45.

Quote accurate as of 24/03/2021, Premiums increase with age.

You should consider income protection if:

- You couldn't cover your outgoings if you got sick
- You wouldn't get sick pay from your employer beyond "Statutory Sick Pay" – £96.35 per week
- You're self-employed and have no cover in place
- You're a single income household
- You're the main income earner or your household rely on a significant portion of your income
- You have limited savings to rely on. Remember, you could need enough savings to cover you for a long period of time.

Income Protection from PG Mutual:

- Profit Share - we return any profits to our members through our Profit Share scheme.
- From 2016 – 2020 we have paid 94% of our members claims worth £3.7M
- Tailor your plan to suit you - select how much cover you need monthly, your deferment period and more.
- Cover up to 70% of your income
- Cover until age 65 – or until you recover, whichever comes first.
- No penalties or limit to claims
- Free current access to a 24/7 app-based GP service
- Free health assessment with a health screening specialist, for qualifying members, after 6 months of membership.

What Next?

If Income Protection is something you should consider why not obtain a "quick quote" to see how affordable the premiums may be from PG Mutual. Simply visit www.pgmutual.co.uk. Remember as a BADN member, you receive a 20% discount for the first two years off your premiums*. Just use discount code "BADN".

*Terms & conditions apply. Visit www.pgmutual.co.uk/legal.

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**CPD4
DCPs**

Volume 13

Media partner: **THE PROBE**

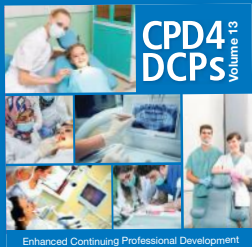
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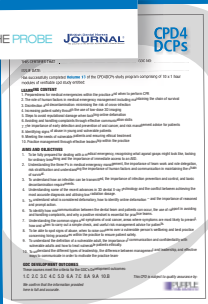
Providing 10 hours of verifiable ECPD, one volume covers the annual verifiable ECPD needs of most practices.

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Subjects covered

- Managing an anaphylactic shock in the dental practice – highly recommended
- Medical emergencies in dental practise – highly recommended
- Why patient hand hygiene matters – highly recommended
- X-ray imaging: safety and regulations – highly recommended
- Non-surgical cosmetic treatments – dento-legal considerations – recommended
- Risk management: make complaints count – recommended
- Oral cancer: communicating to prevent and taking action for early detection – recommended
- Maltreatment comes in many guises – recommended
- Safeguarding vulnerable adults – recommended
- Communication and teamwork – recommended



- ✓ **Just one volume per practice per year**
- ✓ **10 hours verifiable CPD including all recommended subjects**
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Details that make all the difference

As the UK's No.1 selling IDB and most recommended by dental hygienists* you could forgive us for not wanting to change. That's why we've carefully examined every part of our business to find more sustainable solutions without compromising our products or your patients' oral health. We're using a range of initiatives from raw materials to energy supply that reduces our IDBs carbon footprint by 80%.

Get the details at tepe.com

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