

PRICE £4.99 | VOLUME 86 EDITION 4 | AUTUMN 2023

British Dental Nurses' JOURNAL®

The Journal of the British Association of Dental Nurses



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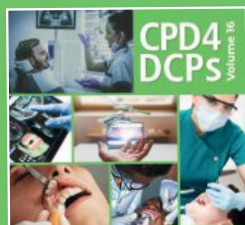
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Membership Subscriptions:

Full Members – £40

Retired Associates – £25

Overseas Associates – £45

Student e-Associates £10

Associates – £40

Journal Subscriptions:

£120 per annum (UK institutions only)

£150 per annum (overseas institutions only)

Printed by Buxton Press Limited

ISO14001 certified

© British Dental Nurses' Journal

Published by Purple Media Solutions

Registered in England.

Registered number 5949065

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

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of Dental Nurses (BADN). The BADN has sole responsibility of the editorial content of this magazine. Any comments or questions regarding editorial content should be addressed to the executive editor.

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Welcome from your association

I recently attended the Dentistry Show London at ExCel with BADN Chief Exec Pam Swain and our newest staff member Jacek Drozdek, to man the BADN stand, talk to members, network with other dental professionals, and listen to some very knowledgeable and informative speakers.

BADN had four speakers in the DCP Theatre: President-elect Preetee Hylton; former BADN Chairman Dr Debbie Reed; long-time BADN member Rebecca Silver; and the underwriter for our indemnity scheme, CFC's Jo Clift. See page 25 for an event write up and photos.

It was wonderful to meet dental nurses from all over the country, and to chat to Presidents of other DCP Associations, such as Debbie Hemington of the BDTA and Miranda Steeples of the BSDHT.

BADN will have a presence at the Royal Army Dental Corps DCP Conference in the Midlands early in November, and we are already making plans for next year's North of England Show (Manchester, 9 March), Dental Showcase (ExCel, 22-23 March), The Dentistry Show, with the Dental Nurse Forum (NEC, 17-18 May), and the Scottish Dental Show (Braeburn, 31 May-1 June).

I've also joined Pam at meetings with the GDC (CPD was high on the agenda!), the NMC and, also, with an NHS Trust regarding the treatment of dental nurses working in hospital by general nurse managers, who unfortunately often refuse to accept that dental nurses are also registered healthcare professionals and insist on treating them as HCAs. We have also met with a couple of corporates.

We were delighted to be invited to assist the editorial of BDJ Team with their dental nurse-themed October 23 edition and coordinated several articles for this issue. We also continued to contribute to other dental magazines, such as Dental Nursing magazine and The Probe.

Our Coffee Catch Ups are continuing – October's was by Kristen Bottrill of the GDC, speaking about the GDC's plans to change the way they give guidance to dental professionals, and November's will be by Natalie Marucci on implants. For more information on the Coffee Catch Ups, please sign up to our e-newsletter on the home page of our website – www.badn.org.uk.



And, of course, our Annual General Meeting will be held on 24 November at the old Transport for London headquarters at 55 Broadway. Entry to the AGM is members only, and you must register in advance at www.badn.org.uk/agm. The AGM is free to attend, and the Afternoon Tea – at the Wellington Hotel – is £25 per person. Members who can't get to London can also attend the AGM via Zoom – please choose this option when registering. Registration closes on 12 November 2023.

Any motions for consideration at the AGM, or any issues to be discussed under Any Other Business, must be sent to the Chief Exec at pam@badn.org.uk by close of business on 31 October 2023.

I look forward to meeting as many of you as possible during my upcoming year as Honorary President!

Joan Hatchard

New BADN Staff Member

The British Association of Dental Nurses (BADN), the UK's professional association for dental nurses, is delighted to announce that Jacek (Jack) Drozdek BSc has taken over the role of IT & Communications Admin at BADN's head office in Thornton-Cleveleys.

Originally from Radomsko in Poland, Jacek relocated to the United Kingdom in 2006. Alongside his employment in the United Kingdom, he pursued education at Blackpool & Fylde College, where he initially obtained a BTEC Level 3 Subsidiary Diploma in IT (QCF). However, recognising that this qualification did not align with his ambitious goals, he embarked on a journey to earn a BSc (Hons) in Network Engineering (Systems Administration), ultimately achieving a first-class honours degree. Jacek lives in Blackpool with his wife and two children.



Jacek has taken over the role of IT & Comms Admin from Adam Skalski, and will be responsible for the Association's website and CRM system, digital communications, social media, e-newsletters (<https://www.badn.org.uk/newsletter>) and BADN's Refer A Colleague Scheme (<https://www.badn.org.uk/referacolleague>). Reporting to the Chief Executive, he will also assist her in the planning, organisation and management of BADN events and accompany her on the BADN stand at various dental exhibitions. Jacek can be contacted at jacek@badn.org.uk or on 01253 338364.

NEBDN celebrates 80th Anniversary

The National Examining Board for Dental Nurses (NEBDN) celebrated its 80th Anniversary with a dinner at The Villa in Wrea Green, Lancashire on Thursday 19 November 2023.

NEBDN was founded in 1943 in nearby Leyland by dentist Philip Grundy and his dental nurse Madeleine "Bunty" Winter, who three years previously had founded the Association today known as BADN. The Exam Board remained part of the Association for nearly 45 years, becoming a separate entity in 1987, although the two organisations continued to share office accommodation until 2005.



Pictured at the 80th Anniversary Dinner, left to right: BADN Treasurer Michelle Brand, NEBDN Chair James Ashworth-Holland, BADN Chief Exec Pam Swain and NEBDN Chief Exec Kate Kerslake with the commemorative paperweight presented by BADN.

NEBDN is a leading provider of qualifications for Dental Nurses in the UK, delivering awards in both pre-registration and post-registration areas. NEBDN works with key regulators – Ofqual and The General Dental Council, who recognise NEBDN's National Diploma and Apprenticeship in Dental Nursing as meeting their Standards for Education.

Find out more at <https://www.nebdn.org/>

Janet Goodwin Fund winners revealed

Pioneering dental nurse Janet Goodwin tragically passed away from breast cancer in 2020. BADN, of which Janet was a long-time member, and the Oral Health Foundation, of which Janet was a Past President, set up a fund in Janet's memory to offer a bursary to dental nurses studying for their initial qualification or a post-qualification award to help cover course and examination fees.



The grant winners are:

- Kirsty Harrison
- Cheri King
- Jennivieve Palacio
- Homaira Pacha
- Chioma Ogwueleka
- Nwamaka Omole

As a bonus, the successful applicants will each receive a signed copy of *Tits Up* – a wonderful and insightful book by Carol Patterson, a friend of Janet's who organised the Blackpool dental days for the homeless and those in recovery with her, about her own journey through breast cancer, as well as a year's membership of BADN. A full report will appear in the Winter 2024 edition of this Journal.





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Epilepsy Society launches Fix It For Free dental campaign



A UK charity is calling on the NHS to provide free dental repairs for people with epilepsy whose teeth are damaged as a result of their seizures.

The Epilepsy Society has launched a campaign called Fix It For Free, after hearing from many people with epilepsy that they are struggling to afford treatment after breaking or knocking out teeth, sometimes on repeated occasions.

Data from a survey carried out by the charity shows that half of people who have suffered dental injuries during a seizure have not had them repaired because they can't afford the treatment. 69% had broken or chipped teeth, 61% had painful jaws and 31% had lost teeth.

The NHS offers a number of payment exemptions for dental treatment, such as free treatment for pregnant women, under 18s in England and under 26s in Scotland, but there are currently no medical exemptions. The NHS Low Income Scheme covers costs for some people, but 76% of respondents to the Epilepsy Society survey said they were not eligible.

The charity has launched a petition that has attracted almost four thousand signatures and is urging supporters to write to their MP to raise awareness and ask for help with the campaign. It is also asking people with epilepsy to share their experiences of NHS dentistry, as 80% of survey respondents raised concerns about their dentist's awareness of the condition and over half reported struggles with long waiting lists.

Clare Pelham, Chief Executive at the Epilepsy Society, said: "If a person breaks their nose, or their arm or leg as a result of a seizure, the injury will be repaired for free on the NHS. But if they break their teeth – and many with epilepsy do – they are expected to foot the bill themselves or get by without their teeth.

"When someone is too scared to smile because half their teeth are missing, they instantly lose their self-confidence, stop going out, withdraw into themselves and become isolated.

"Teeth are not an optional cosmetic accessory; they are an intrinsic part of who we are and how we communicate with one another.

"There are 200,000 people in the UK with uncontrolled seizures. When they crash to the ground without warning, the NHS must be there to pick up the pieces, literally.

"We all know the NHS is struggling, but the financial burden should not fall on people who are already coping with a debilitating disability.

"We must all do what we can to support the NHS. But it is not right to stand back and watch people with epilepsy shoulder the cost alone in broken teeth and shattered self-confidence."

To find out more about the campaign and sign the petition, visit <https://epilepsysociety.org.uk/FixIt4Free>

epilepsy society

General Dental Council announces the departure of its Chief Executive

After nearly eight years leading the GDC, Ian Brack will be stepping down as Chief Executive and Registrar of the General Dental Council (GDC), on 6 November.

Under his leadership the organisation has changed almost beyond recognition, and Ian Brack is leaving having placed the GDC on a sound financial footing and implemented a strong culture of planning and operational delivery.

The GDC's Council is soon to confirm the budget and ARF for next year, along with the Costed Corporate Plan for 2024-2026. Having these important decisions settled will be a good point to recruit a new CEO to take the GDC's priorities into the future.

The Chief Operating Officer, Gurvinder Soomal, will act as Interim Chief Executive until a new CEO and Registrar is in place.

The GDC's Chair, Lord Toby Harris, said: "I would like to take the opportunity to say that my colleagues on the Council and I have very much enjoyed working with Ian over the years and are grateful for the significant contribution he has made to the GDC. I am personally grateful to him for helping me to settle into the role after my appointment as Chair. Both I and my colleagues on the Council wish Ian the very best for the future, and we look forward to working with Gurvinder as interim CEO."

Scottish Government dental payment reform

The Scottish Government have introduced dental payment reform. A comprehensive range of care and treatment continues to be available on the NHS, but time bars, fees and provisos have changed.

The new system comes into effect on 1st November 2023. As part of an NHS dental team, you will have an invaluable role in explaining these changes to patients, and it is therefore important that you take time to familiarise yourself with the new system.

One of the key aims of reform is to simplify remuneration structures for dentists while still allowing for a full range of oral healthcare treatments to be delivered within the NHS. The new Determination 1 significantly reduces the number of claimable fee codes to just 45, where applicable to both adults and children with specific detailed provisos included for each.

Despite these changes, some things will remain the same. Where a patient is registered, they will remain so until they move to a different practice or are deregistered by their practice.

Similarly, there are no changes to processes around the collection of patient charge and the maximum cap for charges remains at £384.

Links below are for new Determinations sections which have a short explanatory video which will provide an overview of the changes and give practical advice on how codes can be claimed.

A short FAQ (Frequently Asked Questions) document and talking head videos have also been prepared and can be found in links below.

NES have now published the TURAS page 'Information on the SDR (Statement of Dental Remuneration) / Determination 1' which contains the essential learning resources that are outlined in the PCA(D) (2023)5. They can be found on the TURAS link: <https://tinyurl.com/TURUSlink>

Also available, a live webinar which gives further explanation on the SDR/Determination 1 and these can be booked via Portal. These will be



recorded and made accessible on the TURAS page after they have taken place if you are unable to attend the live events.

The webinar "Introduction to Determination 1" which will be presented by Tom Ferris, Gerard Boyle, Gillian Leslie, Christina Malivitsi and Gavin McLellan on Thursday 12 October from 19:00-20:30, the same webinar will be delivered again on Wednesday 25 October from 19:00-20:30 and which is open to all members of the dental team.

Please note: There will be no charge to attend this webinar.

Attendees will be certified for up to 1.5 hour of vCPD and eligible dentists will be able to claim CPDA. To book a place, click here:

Thursday 12 October, 19:00-20:30:

<https://www.portal.scot.nhs.uk/#iBooklet/courses/01-01-06-071645>

Wednesday 25 October, 19:00-20:30:

<https://www.portal.scot.nhs.uk/#iBooklet/courses/01-01-06-071632>



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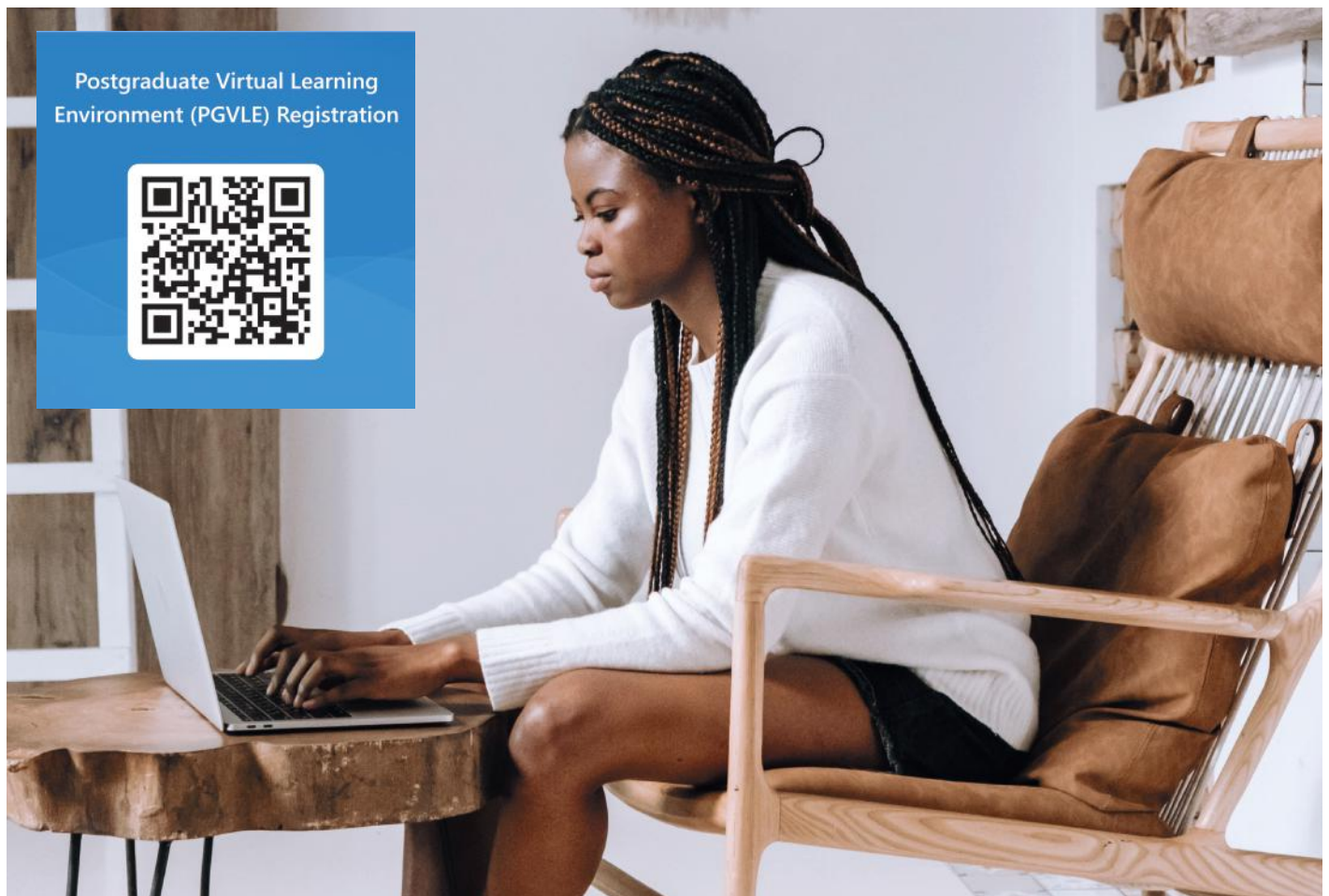
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Exciting Developments in Training and Education in the Midlands



NHS England Workforce, Training and Education (WT&E) (formerly HEE) in the Midlands are pleased to announce the launch this Autumn of a new virtual learning environment for the whole dental team. Developed by Shima Chundoo, Postgraduate Virtual Learning Environment (PGVLE) Fellow in the Midlands, along with Jennie Ross, Associate Dean for Dental Workforce Development, the platform will be a place for all professionals working the Midlands region to find out about training developments and opportunities.

The site will have a dedicated area for dental nurses to make it as easy as possible to find the courses relevant to you and help plan your training to meet your personal development plan needs and enhance your career. Current available courses include an online mentoring programme, fluoride application, clinical photography and IRMER. As the site develops we hope to have more training available that can be accessed at anytime to fit around your work commitments.

The Dental Workforce Development team are keen to expand the training that is available to all members of the dental team. Mike Foster, Dental Dean, comments

“My mantra for dental education has always been ‘inclusion for all’ and the new Post Graduate PGVLE is the perfect platform to enable postgraduate training and education to be extended to all dental registrants across the Midlands.

The PGVLE is in its infancy, and I am excited to see where it grows as it hosts a huge library of resources. The system can host meetings and courses as well as educational resources that are relevant to all. The success of such a programme relies on its users so please support us and help us develop the content by suggesting new areas that we can expand in to or new courses that we can advertise or host for the benefit of all.”

As the platform develops it is hoped the site will become a “one stop shop” for education in the Midlands where training from other providers

will be advertised too. With the aim of making it easier and quicker for registrants to find the training that is right for them to develop their skills.

In addition to the new platform WT&E in the Midlands are incredibly excited to share a leadership opportunity for Dental Nurses that will be available in 2024. The part time employed post will give the successful applicant the chance to spend 2 days a week working on projects relating to issues relating to Dental Nurses as well as developing their own leadership skills. Under the supervision of Fleur Kellet, Associate Dean for Fellows, and mentors from across the region previous Fellows have completed projects ranging from the creation of a Dental Care Professional Network in the East Midlands to development of a work experience programme as well as more clinically related projects. 2022-23 saw the first Dental Nurse, Letitia Choudhury, complete the fellowship programme and the team are keen to continue to develop the scheme to allow more Dental Care Professionals this incredible opportunity. To keep up to date with information about the application process please log onto the PGVLE for updates.

To register for access use this MS form <https://forms.office.com/r/Ax3taLpNTa> or scan the QR code.

About the author

Jennie Ross

Jennie Ross is currently Associate Dean for Dental Workforce Development in the Midlands in NHS England Workforce Training & Education (formerly Health Education England). Clinically, she also works as a General Dental Practitioner in an NHS practice in Sheffield, where she is an Educational Supervisor to a Foundation Dentist.





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Advances in Oral Health: Empowering Dental Nurses as Level 4 Oral Health Practitioners

As dental healthcare continues to evolve, dental nurses play an increasingly vital role in promoting oral health and patient well-being (Smith et al., 2020). New College Durham, North East Commissioning Support (NECS), and NHS Education have collaborated closely to develop and deliver the Level 4 Apprentice Oral Health Practitioner course, providing dental nurses with an exciting opportunity to expand their knowledge and skills, thereby contributing to the fields of medicine, dentistry, and patient care.

The Level 4 Oral Health Practitioner course is specifically designed to enhance the knowledge, skills, and scope of practice of dental nurses. This program empowers dental nurses to take on a more proactive and independent role in patient care, including assisting with NHS health checks and contributing to preventive oral healthcare.

By undertaking advanced training, dental nurses acquire the necessary competencies to perform a wide range of oral health procedures, such as comprehensive oral health assessments with advice, soft tissue examinations, plaque and food indices evaluations, fluoride application, impression taking.

The newest additions to the dental nurse remit include blood pressure readings, BMI assessments, blood sugar monitoring, and guidance for identifying risk factors and changes to lifestyle.

The importance of oral health in preventing oral diseases and promoting overall systemic wellness is well-established (World Health Organization, 2022). Heart disease, stroke, type 2 diabetes, kidney disease, and

certain types of dementia pose risks to everyone (Centers for Disease Control and Prevention, 2021; Alzheimer's Disease and Dementia, 2021). The Level 4 Oral Health Practitioner course equips dental nurses to provide advice and education on implementing lifestyle changes that can help prevent these conditions. Collaboration between medical and dental professionals is crucial for effective overall systemic patient care within a multi-disciplinary team.

The course fosters a close working relationship, with learners spending three days in general dental practice, one day in a GP community setting, and one day at New College Durham, thereby strengthening the overall healthcare system, creating awareness in the community, and enabling dental nurses to become integral members of the oral and healthcare team. National College of Dentistry, 2022).

If you would like to explore the advances and benefits in oral health, take on more responsibilities in your professional journey and feel this OPH Level 4 course may be a potential career prospect for you

Rachel.Dudidn@newdur.ac.uk.

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What do Level 4 Oral Health Practitioners have to say about the course?



Marie – More than 30 years' dental nurse experience

I have been dental nursing for over 30 years now and was seeking a new challenge.

The team is amazing and I love having my own patients helping them in their journey to better oral and systemic health.

Sharon – Dental nurse for over 10 years

The OHP apprentice is a great way for a dental nurse to progress. The new skills I have learnt and being able to be a more proactive in promoting oral and systemic health is uplifting. #

Jude – 20 years' dental nurse experience

The OHP apprenticeship with NECS and NHS has allowed me to combine existing and new skills. I cannot wait to see where this qualification will take me and what progression and opportunities will open up for dental nurses in the future.

Joanne – 18 years' experience

I am extremely excited to begin this brand new apprenticeship working and promoting oral health in the community and dental setting

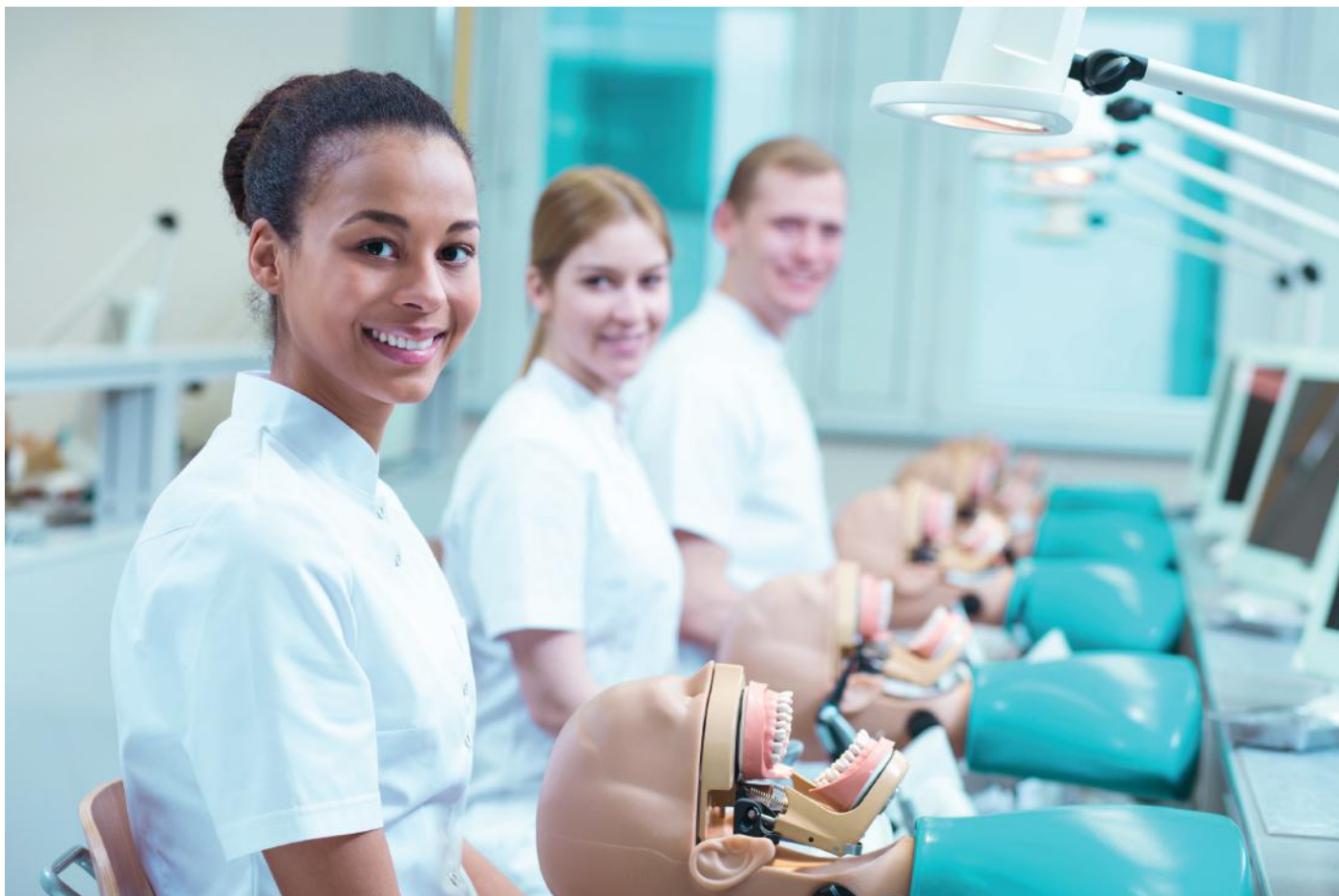
Rachael – 8 years' dental nurse experience

This new course has given me the exciting opportunity to do this. It's great being able to run my own clinics, and put my new skills into place.

Rachel Duddin – NCD Lecturer, BSC Oral Health Science, PGCE

It is a pleasure to be able to pass on my knowledge and experience to this lovely group and provide a solid foundation for continued professional development and a pathway for a further specialised role and a significant impact on the well being of individuals and communities.

First cohort of Oral Health Practitioner Apprentices complete their courses



The first cohort of Oral Health Practitioner Apprentices received their awards in May, making them the first recipients of the Royal Society of Public Health Diploma for Oral Health Practitioners.

This Oral Health Practitioner apprenticeship, alongside a Dental Practice Manager apprenticeship and an Orthodontic Therapist apprenticeship, is designed to support recruitment and retention within the dental nurse workforce as well as help to free up time and resources. The Oral Health Practitioner apprentices, of which there are seven in total, are now fully qualified to work as oral health practitioners delivering care and treatment to patients alongside dentists in practice.

This new and innovative programme is the only formal qualification of its kind, with a strong emphasis on not only oral health education and promotion, but also the links between systemic disease and oral health, connecting this apprenticeship to the NHS Long Term Workforce Plan which has a strong emphasis on investing in prevention.

The dental nurses came from dental practices and salaried dental service in the Thames Valley and Wessex region.

The apprenticeship was delivered by a team from the Workforce Training and Education Directorate of NHS England.

The curriculum focus is on the following knowledge areas:

- An understanding of common medical conditions and how they can impact on oral health and wellbeing
- Head and neck anatomy, physiology, the prevention of dental caries and periodontal disease
- Diet, nutrition, hydration, and their links with systemic and oral health
- An understanding of differing patient group needs across the life course and the management of patients with learning disabilities, dementia and mental health conditions.
- The theories that underpin models of learning in individuals and groups to change behaviour.
- Theories and concepts of motivational interviewing

- Supporting behaviour change with individuals (e.g. in a dental surgery) and with groups (e.g. health and social care professionals, ante natal groups etc) They also acquired the following skills,
- Performing intra oral skills in taking plaque scores, impression taking, intra oral scanning, application of topical fluoride, intra and extra oral photography
- Carrying out brief clinical preventive advice interventions and targeted group interventions
- Provide both oral and general systemic health advice such as smoking cessation
- Able to provide behaviour change advice and support to individuals and groups across the life course with different cognitive abilities.
- Provide motivational interviews.
- Undertake standard NHS health checks for diabetes and blood pressure

Michael Wheeler, Dental Workforce Advisor at NHS England and Course Director, said: "This apprenticeship is one of three that is designed to support recruitment and retention within the dental nurse workforce, the others being the dental practice manager and orthodontic therapist.

"For dental practice owners and salaried dental services, it provides a better trained workforce to embrace flexible commissioning at a local level especially in delivering oral health education and promotion.

"The oral health practitioner apprenticeship will allow individuals to further progress to become dental hygienists and dental therapists, for which an apprenticeship route is currently being explored by NHS England and the Institute of Apprenticeships and Technical Education.

"This apprenticeship is designed to support widening participation into dental hygienist and dental therapist training and contribute to the ambition to increase training places by up to 40% by 2031 / 32 which is set out in the NHS Long Term Plan."

Sparkle like the star you are

My name is Louise Bennett, I have been working in the Dental Industry for over 20 years, having started my career in 2020 as a trainee Dental Nurse, I am currently a Practice Manager at Dartford Road Dental Centre.

I was inspired to reach out to BADN, having, like many others heard the ongoing conversation regarding why Dental Nurses are leaving the profession in droves.



I hope to be an advocate for the Dentistry profession and help highlight how it can be, a career unlike any other.

As a Dental Nurse, you never know who will walk through the door next and how with your help their life can be transformed with the confidence that a new smile can bring. You may never fully appreciate the impact that your gentle words and caring, chairside manner has on the visibly nervous patient, shaking

in the waiting room ahead of their appointment. You may never even hear about the teenage patient, who you have inspired to enrol onto a Dental Nursing course, because of how comfortable you made them feel when it mattered to them most. As a receptionist, you may never know how your kind reassurance, helped encourage someone so embarrassed by their smile, that they are rarely seen in public, to make that all-important first appointment.

In recent times, I have heard shocking stories of Dental Nurses and admin staff, being poorly paid, under appreciated and brought to tears having been disrespected in the workplace; however, life in dentistry doesn't have to be this way; there are some amazing practices out there, willing to invest in the sparkle that you as a valued individual, will bring to their team.

It can be a struggle to find the right practice, especially in the current financial crisis, where the only priorities for many are to keep a roof over your head and food on the table, but YOU CAN find that practice when the time is right and become the best version of yourself personally and professionally.

Our practice believes in building people up to reach their potential, ensuring they remain engaged and happy in their role; one such example is that of our current receptionist, Ellie. Nine months ago, Ellie did not have any dental experience at all and now she is set to take over from me a practice manager, as I make the move to more of a Business Development role. Ellie came to us from a medical administration position, but with hard work, commitment and determination, she has gained a broad knowledge of dentistry, which alongside her forthcoming practice management course with UMD Professional, which is owned by Fiona Stuart-Wilson, we are sure she will make an amazing practice manager.

I have a comprehensive training plan ready for Ellie, which was built around a person specification, created from knowledge I gained on the Level 7 Strategic Leadership and Management course, I am currently completing, also with UMD Professional; this will ensure she is armed with all the skills she needs to succeed in her new role. Ellie is also about to undertake a Dental Nursing course, to further build on her clinical knowledge and to allow her to help out, in those often unavoidable last minute cover situations, in support of her team.

My efforts with Ellie are not only what she deserves but are what was afforded to me while I was training as a Dental Nurse, under the watchful eye of Principal Rash Patel and Practice Manager Sue Levett at Slade Dental Practice & Implant Centre; I didn't always appreciate how good I had it in those days with the support I had, vowing at the time that I would never become a manager and now, sometimes when I speak Sue's voice comes out!

I appreciate and have seen that many practices are struggling with the undeniable shortage of Dental Nurses at the moment, but a high staff turnover can be helped with a supportive Principal and team. The right practice will see you and your commitment to Dentistry as an asset and who wouldn't want to invest in that?

We are here, in dentistry, to care for our patients, who tell us, that they feel more secure at practices with an established team, who know them and make a mental note to remember where they went on holiday last year, or their great grandsons name; practices not valuing staff will not benefit from this level of rapport between the staff and the patients; eventually patients will vote with their feet, seeking practices where they too, feel valued and heard.



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SWISS PREMIUM 
ORAL CARE

From Registered Dental Nurse to Clinical Research Practitioner

'Research is beneficial to people and patients, with breakthroughs enabling earlier diagnosis, more effective treatments, prevention of ill health, better outcomes and faster returns to everyday life.' – NHS England.



My name is Anesha Chauhan and I am a qualified Dental Nurse registered with the General Dental Council. I completed my dental nurse training and qualified in 2008 working in a dental hospital in Birmingham.

Following this, I progressed to complete a post qualification in conscious sedation and oral health promotion. Being keen and proactive within my own learning and having exposure to complex dental care sparked an interest in research, and I decided to diversify and develop in this area.

My dental nursing career in research began in 2014, when I had the opportunity to work on my first NHS and National Institute for Health & Social Care Research (NIHR) Portfolio adopted research study. The study looked to determine the genetic component of Amelogenesis Imperfecta in children and adults. This dental condition affects the dental composition and appearance of the enamel causing significant tooth discolouration.

I would often see children who would attend clinics with their families, all having a similar story to tell, being very upset by their teeth, and being bullied at school for their teeth not having the 'perfect' appearance, which in turn had damaging effects on their confidence and life development.

This is where my interest and passion for research grew, as I wanted to be instrumental in bringing about a change to help improve the dental care available to people, leading to a better quality of life for them.

In 2019, I was employed by the NIHR Clinical Research Network North West London, and then at the beginning of 2023, I relocated to the Clinical Research Network West Midlands.

Working within the CRN WM, my job involves helping and supporting the delivery of a range of research studies focusing on all areas of health and social care, in primary, secondary and community care settings.

I have helped create the Dental Research Network (<https://sites.google.com/nihr.ac.uk/dental-research-network>) for the West Midlands, whereby I liaise with dental professionals and dental practices introducing them to potential research studies available for them to

NIHR | Clinical Research Network
West Midlands

consider involvement with. Some studies aim to identify best practice, utilising staff experience to help shape the evidence, whilst others aim to improve patient satisfaction and dental care, with the patient in the centre of their approach.

Being involved in research is a great way for the whole dental team to develop new career skills. I'm here to represent the career development available for dental nurses in research by showing you my journey so far.

Please feel free to get in touch to find out about the opportunities and the benefits of taking part in research: anesha.chauhan@nihr.ac.uk

About the author

Anesha Chauhan has completed her dental nurse training and qualified in 2008 working in a dental hospital in Birmingham. In addition she progressed to complete post qualifications in conscious sedation and oral health promotion. Through her journey, Anesha spiked interest in research and worked on several dental studies.



In 2019 Anesha joined working for the NIHR Clinical Research Network and in 2023 she joined working for the NIHR Clinical Research Network West Midlands.

Her job role involves helping and supporting delivery of a range of research studies focusing on all areas in health both in primary and community care settings thereby improving the health and wealth of the nation through research.

Anesha's current focus is to raise awareness of dental research opportunities available to dental professionals who work in dental practices across the West Midlands.

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Brush up on CPD



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

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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 Autumn 2023

CPD questions – Protecting implants from infection

1. What success/survival rates were found by the 20-year post-op study reported in the article?

- a) 55.8%/75.8%
- b) 65.8%/75.8%
- c) 75.8%/89.5%
- d) There is no data for 20 years post-op

2. Which patient factors can impact implant survival?

- a) Age
- b) Gender
- c) Smoking habits
- d) All of the above

3. The article states that smoking is a major risk factor for peri-implant disease. Which specific factors can impact risk of disease development?

- a) Lifetime cumulative dose
- b) Duration of exposure to smoking
- c) Frequency and intensity of smoking
- d) All of the above

4. Which two systemic conditions are discussed as also increasing risk of peri-implantitis?

- a) Diabetes and heart disease
- b) Diabetes and obesity
- c) Obesity and heart disease
- d) None of the above

5. What approach can help clinicians prevent prosthetic causes of peri-implant disease?

- a) Prosthetically-driven implant planning
- b) Improved glycaemic control
- c) Placing single implants only
- d) No techniques exist

6. Which aspects of oral hygiene should patients improve to reduce their risk of peri-implantitis?

- a) Less frequent tooth brushing
- b) Reduced calculus and improved interdental cleaning
- c) Oil pulling
- d) None of the above

CPD questions – It's never just in the mind

1. What type of relationship is believed to exist between mental and oral health?

- a) Mental health worsens oral health
- b) Oral health worsens mental health
- c) A bi-directional relationship
- d) No relationship exists

2. What are the most common mental health conditions worldwide?

- a) Depression and anxiety
- b) Depression and eating disorders
- c) Anxiety and eating disorders
- d) Body dysmorphic disorder and depression

3. How many people over the age of 16 are estimated to experience a mental health problem?

- a) 1 in 10
- b) 1 in 8
- c) 1 in 6
- d) 1 in 2

4. People with mental health disorders are believed to have:

- a) More tooth loss
- b) More filled teeth
- c) More decayed and missing teeth
- d) All of the above

5. The article states that psychiatric disorders dysregulate hormonal, neurotransmitter and inflammatory mediators. What does this increase the patient's the risk of developing?

- a) Dry mouth
- b) Periodontal disease
- c) Headaches
- d) None of the above

6. How should dental professionals treat a patient with a diagnosed or suspected mental health disorder?

- a) With respect
- b) With patience
- c) With bespoke oral hygiene recommendations
- d) All of the above

CURAPROX



SWISS PREMIUM ORAL CARE

Protecting implants from infection – a full time job

Learning objectives

- To recap current estimated survival rates for dental implants
- To understand the risk factors involved in the development and progression of peri-implant disease
- To be confident in the professional and patient responsibilities regarding peri-implantitis prevention

GDC Development Outcome: C

Thousands of individuals seek dental implant treatment every year in the UK. This has become the gold standard solution for partial or complete edentulism, giving patients an effective way to restore their dental function, smile aesthetics and self-confidence. Indeed, success rates are high in the field, but there are still various potential complications to be aware of and to mitigate against when treating patients. Among the issues to consider is peri-implantitis. Only with professional intervention and patient compliance can the threat of peri-implant disease be effectively minimised.

Implant success

Dental implant treatment today is widely acknowledged to be a safe and effective solution for many patients with different needs. A one-year follow-up study reported a survival rate of 95.5%,ⁱ while another found success/survival rates of 75.8%/89.5% respectively, 20 years post-operatively.ⁱⁱ

A more recent systematic review and sensitivity meta-analysis estimated survival rates to be between 96.4% and 93.2% after 10 years.ⁱⁱⁱ Another study, which looked at a much larger sample of over 10,800 dental implants placed between 1995 and 2019, suggested survival rates of 98.8%, 98.5%, 96.8% and 94% at 3-, 5-, 10- and 15-years post-operative, respectively.^{iv}

All these studies demonstrate similarly high survival and success rates for dental implants, supporting the popularity of treatment among patients and professionals. However, there is still some small room for improvement. So, what are the main causes of complications and failures in dental implantology?



Implant failure is categorised as either early or late, usually associated with failure to osseointegrated (rejection) or issues with excessive loading, inadequate prosthetic or peri-implant disease. Unfortunately, the aetiology of implant failure is often complex and multifactorial. Patient factors like age, gender, smoking habits and systemic health conditions can all influence implant survival and success.^v The most common complication is infection.

Peri-implant disease

The literature is somewhat conflicted when it comes to estimating the incidence of peri-implant disease. For peri-implant mucositis, the numbers range between 23.9% - 88% at patient level and 9.7% - 81% at implant level, while for peri-implantitis they are between 8.9% - 45% at patient level and 4.8% - 23% at implant level.^{vi}

A major risk factor for peri-implant disease highlighted across a lot of the research is tobacco smoking, which is directly linked

with the risk of peri-implantitis.^{vii} Further still, the lifetime cumulative dose and duration of exposure to smoking, as well as the frequency and intensity of the habit all correlate to the risk of peri-implant disease.^{viii}

Though there is some evidence to the contrary, a history of periodontitis is still generally considered a risk factor for peri-implantitis. The two conditions are different, but they are believed to share similar subgingival microbiota, hence the correlation.^{ix} Other risks are associated with systemic diseases. Diabetes, for example, especially in people with poor glycaemic control, has been linked with a higher chance of peri-implantitis.^x Research has also found obese patients to be at a greater risk of peri-implant inflammation and therefore peri-implant infection.

Of course, all dental professionals will be aware that oral hygiene remains the greatest avoidable risk factor in any case of periodontal infection, including peri-implantitis. Poor plaque control remains a key indicator for development of peri-implant disease.^{xi}



Professional considerations

Some of the risk factors for peri-implantitis are within the dental team's remit to avoid. For example, the quality of the prosthetic. Well-fitting crowns – with adequate axial and gingival contours – have been linked with smaller periodontal pockets. Less bleeding on probing and lower plaque accumulation compared to those that are not.^{xiii}

Prosthetic complications can often be minimised by the clinical team with meticulous treatment planning. The concept of prosthetically-driven implant planning has grown in popularity, encouraging the dentist to plan treatment by establishing the best possible restorative solution and working

backwards. The implant position is therefore determined by the prosthesis, ensuring sufficient restorative space to reduce the risk of issues.^{xiv}

With regards to improving the patient's oral hygiene, supportive maintenance therapy has also been proven effective in reducing the risk of peri-implantitis, with recall intervals of 5-6 months generally recommended.^{xv}

Patient responsibilities

Of course, the patient plays an important role when it comes to maintaining their oral health. In fact, their compliance with professional recommendations and adherence to oral hygiene instructions has a major impact on the success of implant treatment and the avoidance of peri-implant infection in both the short- and long-term.

One study found that patients who reported only brushing around their

dental implant were significantly more likely to have poor peri-implant health. In particular, the absence of interproximal cleaning and the presence of calculus put the patient at highest risk of peri-implant disease.

Many professional guidelines highlight the need to reinforce oral hygiene instructions with patients as often as possible – before, during and after implant therapy.^{xvi} This emphasises the importance of patient education and patient acceptance of their responsibility to maintain oral health for optimal treatment outcomes. Good communication involves using language patients understand and appreciating their personal lifestyle so as to tailor advice to suit them, making any required changes to their behaviours as realistic as possible.

It is just as essential to recommend oral hygiene products and adjunctive solutions that will support an effective and efficient at-home implant maintenance routine. Offering something like the Curaprox Implant Care Kit can be particularly advantageous as it consists of various products in one convenient package. The kit contains a selection of Perio Plus+ mouthwash and toothpaste solutions, as well as Curaprox interdental brushes and toothbrushes designed to optimise oral health around implants.

A comprehensive approach

The continued problem of peri-implantitis necessitates a comprehensive approach to prevention. Collaboration between the dental team and the patient is crucial in order to minimise the risk of disease development and progression, ensuring the best possible implant outcomes.

For more information about the Perio Plus+ and Curaprox oral health solutions available from Curaden, please visit www.curaden.co.uk

References

Available on request ■

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It's never just in the mind

Learning objectives

- To gain a better understanding of the range of mental health conditions affecting people today
- To appreciate the links between mental and oral health
- To understand the role of the dental team in supporting patients with mental health disorders

GDC Development Outcome: C

Oral health has long been linked with various conditions affecting the rest of the body. There is an expansive body of research demonstrating direct and indirect relationships between periodontal diseases and systemic conditions like diabetes,ⁱ heart diseaseⁱⁱ and even cancer.ⁱⁱⁱ There is also evidence to support an association between oral health and mental health. As such, it is essential that dental professionals understand how mental wellbeing can impact their patients' dental health.

What are the most common mental health concerns?

Mental health disorders are defined as a clinically significant disturbance of a person's cognitive, emotional or behavioural state.^{iv} Some of the most common are depression and anxiety, panic disorder, phobias and obsessive-compulsive disorder (OCD).^v Anxiety and depressive disorders are the most common worldwide.

There has also been a surge in the growth of conditions like body dysmorphic disorder, especially among adolescents and young people.^{vi} Though young women seem to be most at risk, it affects young men too. Approximately 2% of the UK population are believed to suffer, and body dysmorphic disorder sadly has one of the highest suicide rates of all mental health conditions with around 1 in 4 sufferers making an attempt on their life.^{vii}

Other mental health disorders to be aware of include: bipolar disorder, impacting around 1.3 million UK adults; eating disorders, which affect an estimated 700,000 individuals in the UK;^{viii} and schizophrenia, experienced by approximately 1 in 100 people.^{ix}

Anyone can be affected

In 2014, an English survey found that



1 in 6 people aged over 16 years had experienced symptoms of a mental health problem – typically depression or anxiety – in the previous week.^x With regards to the under-16s, the numbers are sadly no better. A 2022 survey found that 18% of children aged 7-16 and 10.1% of young people aged 17-19 had a likely mental disorder.^{xi}

The pandemic also had a significant impact on the mental health of the nation. National statistics found that almost 1 in

5 people (21%) experienced depression alone in early 2021,^{xii} which was double pre-pandemic levels (10%). On a much wider scale, the World Health Organization reported a 26% and 28% increase in anxiety and major depressive disorders in just one year during the pandemic.^{iv}

There are many potential causes for mental health problems. Anyone of any age, gender, socioeconomic background, religion or culture can be affected. Dedicated charity MIND suggests some of



the major risk factors to include: childhood abuse, trauma or neglect; social isolation or loneliness; experiencing discrimination or stigma; social disadvantage, poverty or debt; bereavement; long-term physical health conditions or stress; homelessness or poor housing; being a long-term carer; and domestic violence or bullying.^{xiii}

Mental and oral health

Mental health is intrinsically linked to oral health. The status of either can affect the other, so while you are not required to diagnose or manage a patient's mental health condition, you do need to tailor their dental care accordingly.

Firstly, people with a mental illness are more likely to have poorer oral health than those without. In particular, psychological disorders are associated with more tooth loss, as well as higher rates of decayed, missing or filled teeth.^{xiv} One study^{xv} found that people with depression and anxiety were less likely to access dental care services, which may account towards their poorer oral health status. The authors postulated whether this was due to feelings of fatigue and worthlessness, or a lack of motivation to look after themselves. Other reasons could be low prioritisation of dental health, a lack of understanding of the links between oral and mental health, and a lack of support in the area. Other research^{xvi} supports this, finding that people with serious

mental illness are significantly less likely to brush their teeth twice daily than those without. Only about 34-43% of those with a mental health disorder are also believed to visit the dentist every year.

Supporting the presence of a bi-directional relationship, there is evidence to suggest that psychiatric disorders dysregulate hormonal, neurotransmitter and inflammatory mediators. This, in turn, can alter everything from immune responses to salivary phenotype, increasing the risk of oral health conditions like periodontal disease.^{xvii}

A crucial role

With all this in mind, preventive dentistry becomes crucial for people who may be suffering from long-term mental health disorders.^{xviii} This means gently educating patients about the importance of oral hygiene and working with them to find solutions they can implement easily within their daily routines.

For the dental team, empathy, patience and tact are vital when communicating with patients who have a diagnosed or suspected mental health condition. It is also important to be tolerant when managing their lack of compliance with professional recommendations or oral hygiene instructions.^{xix} They need to know that they can trust you and feel that you're treating them with respect. By helping them feel comfortable in the surgery, they are also more likely to be honest about their oral hygiene habits and therefore more open to new suggestions that could enhance their dental wellbeing.

Preventive oral health programmes need to be carefully tailored to the individual and their

current needs. Where appropriate, a parent, care-giver or family member may need to be involved, and offering different methods of oral health instruction (verbal and written) can be helpful. It is also beneficial to suggest oral hygiene behaviours or products that are simple to implement and that will help to maintain oral health even when an individual is having a particularly tough time. Recommending a mouthwash like the Perio Plus+ range, for example, offers a highly effective solution for acute dental problems that can help to get their oral hygiene back on track in the short-term. Made with Citrox® – a uniquely formulated solution made from naturally-occurring ingredients – the products efficiently fight plaque and bacteria while being gentle on the gums.

Physical manifestations

As you know, mental health disorders will rarely only impact the mind. There is an array of physical manifestations that patients are constantly facing too. Given the close links between psychological and oral health, it is essential that dental professionals are prepared to support patients with mental health conditions to enhance their dental hygiene.

References

Available on request ■

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The Life of an Army Deployed Dental Nurse

LCpl S McNally

The life of a military dental nurse is far more than simply working full time in a UK military dental centre. There are so many additional opportunities and experiences within easy reach. Wherever in the world the Armed Forces are deployed there is the need for a dental team. Within the last two years I have been sent twice to Kenya and once to both Germany and Estonia in order to provide care to serving personnel.

In every deployment, anywhere in the world, a crucial part of our job is to ensure the dental kit is serviced and ready to deploy. Once in theatre, there are other factors to consider that would not seem as crucial in a UK dental centre. Is it going to be a cold environment? Is it sandy? How do we keep the infrastructure sterile for clinics? The infection prevention and control risks are often heightened, and these are all factors that need to be considered and planned for well in advance so that we can provide the same standard and quality of care in deployed environments overseas as we can deliver in the UK. Such challenges make the role more varied, exciting and certainly very interesting.

Sometimes during overseas deployments where provision of dental treatment is non-existent or very limited for the local population, we provide care for deprived communities apart from treating serving personnel in challenging environments. This was an experience



I had whilst deployed in Kenya and it was a very rewarding task. Treating the Kenyan locals also supports and bolsters the vital bonds between our two countries. However, it is not treatment alone that is used to aid communities but providing local with oral health education in order to reduce the level of dental disease. During my deployment in Africa, I was privileged to spend a few days delivering this education package to children. I thoroughly enjoyed this task and would love to do this again in the future, as it is an experience I would highly recommend to any dental nurse.

A deployment is not all about work as people may believe! Free time (the amount depends on the deployment!) can often be spent exploring, doing adventure training and sports. Even back in the UK, there is plenty of time to do this whether attached to a medical regiment or when working in Defence Primary Healthcare. Being part of a military dental team is a challenging role, but simultaneously is very rewarding and enjoyable. I would highly recommend it to anyone considering this route!

Deployment of a Dental Nurse within the Royal Navy

Justin Simon

My name is Justin Simon, and I proudly serve as a Petty Officer Dental Nurse in the esteemed British Royal Navy. With over fifteen years of dedicated service, my journey has encompassed various roles, starting as a steward before transitioning into the rewarding field of dental nursing.

Throughout my career, I have amassed nearly seven hundred days at sea, with a significant portion dedicated to serving as a dental nurse—an exceptional privilege. I have had the exhilarating experience of participating in short team deployments alongside dentists and dental hygienists. These trips often involve flying out to meet the Ship and its crew. Once aboard, our team assumes the crucial responsibility of ensuring the crew's dental well-being before their departure. While deployments on smaller ships may be brief, they provide a unique platform to exhibit a high level of professionalism. As the dental nurse, I play a vital role in setting up the treatment environment, ensuring that all necessary equipment is readily available and functional.

There are also opportunities to be assigned to one of the prestigious Elizabeth Class aircraft carriers. These carriers boast fully-equipped dental surgeries that rival those found on land. Within this setting, the dental team comprises a dentist, a leading dental nurse responsible for managing the practice, and a dental nurse, who oversees the surgery and provides chairside support.

Onboard, the dental nurse is an integral part of the crew, actively participating in Ship's activities. In emergency situations, all three members of the dental team assume additional responsibilities, working together to relay vital information about casualties to the medical headquarters.

Life onboard is not solely focused on work; in the evenings, there is the opportunity to mix with fellow crew members in your Messdeck. Whether it's watching a movie, playing video games, or seeking solitude in your cabin, there are ample options for unwinding. Furthermore, the onboard gym facilities enable you to maintain your fitness regimen without distractions.

Deployments also offer enjoyable activities organized by the entertainments team. Movie nights and barbecues hosted for the Ship's Company provide moments of relaxation, offering delectable food and the chance to socialize over a refreshing drink, on the flight deck.

It's worth mentioning that helicopter rides are a common occurrence on deployments, being stationed on an aircraft carrier. I've had the remarkable opportunity to ride in a Wildcat and witnessed the awe-inspiring first-ever landing of the F35 on an Elizabeth Class Carrier.

While these experiences are undeniably thrilling, the true highlight lies in the numerous places that you will undoubtedly visit. I have had the privilege of exploring destinations such as Barbados, Portugal, Malta, Halifax, New York, Florida, and many more, all courtesy of the Royal Navy.

Being deployed as a dental nurse within the Royal Navy is truly an amazing journey. If you're fortunate enough to embark on this path, you'll have the opportunity to visit extraordinary places and meet exceptional individuals. You'll be providing an unparalleled service in an environment that few ever have the chance to experience. And you won't simply be part of a team; you'll be an integral member, working together to achieve a common goal.



Lead Elements Dental Team – the view of an RAF Dental Nurse

Kat, RAF Dental Nurse

I'm Kat, an RAF Dental Nurse. I have served 7 years in the RAF, currently based at RAF Lossiemouth and I am on the Lead Elements Dental Team (LEDT), held at 5 days notice to move for RAF dental deployments. The LEDT is closely aligned with the Tactical Medical Wing (TMW) which is primarily a medical deployment unit known as the operation hub for RAF medical services. TMW hold, maintain and prepare all the deployed medical equipment, with the dental kit being maintained as a secondary duty by the LEDT. To be prepared to deploy the Dental Team undertake regular training exercises. In May 2023 I attended my first exercise, Ex AUXILIUM FORT. I had used the deployable dental kit previously, but this was at a RAF unit to boost the output of an established Dental Centre following Covid to make military personnel dentally fit to deploy. However, on Ex AUXILIUM FORT was the first time I had used the equipment fully deployed in field conditions.

The exercise started with an arrivals brief, kit issue and a tour of the camp. Accommodation consisted of 8 person tents with people from multiple sections sharing, and food was provided by the Catering Squadron which was really good! We were fortunate to have the luxury of porta showers on the camp (a first for this exercise) especially with people using the makeshift gym which was open daily from 0800–2200. Following the tour, it was straight to work setting up the Medical Training Facility ready for the next day.

The exercise consisted of training injects, which increased in number and complexity as the exercise progressed, and included a visit from other NATO nations. Injects were casualties arriving at the field hospital acting out a scenario given to them by training instructors at TMW. They were dressed accordingly with stage makeup to make them look as genuine as possible. Due to TMW being predominantly medical there were only a few injects for dental. However, this gave the dental team the opportunity to get involved with the medics and how they work giving us confidence to be able to assist them in an emergency situation on an operational deployment. It also allowed us to see how the whole system worked, the roles of all the different trades and how these connected. Additionally, we were able to treat actual patients who required inspections for onwards deployment utilising the deployed dental kit. It was good to be able to assist people with their oral health whilst in the field, but this also allowed us to identified ways we could work better and improve the working environment. It was my first exposure to an exercise and a medical environment outside of a primary healthcare setting, so it was a really useful experience. Overall, it was a great week, full of new experiences and one I would definitely recommend to others.



Dental Nursing and the MOD

Angela Streeting

My dental nursing career started off as a part-time role at the age of 16 to earn money to fund my love for horses. I quickly grew to enjoy dental nursing and began working as a full-time nurse in various departments from general dental practice to assisting in theatre. My love of learning led me to gaining my National Certificate in Dental Nursing in 2003, at a time when qualifications in dental nursing were not common.

In 2004 I successfully applied for the post of a civilian dental nurse within the MOD (Ministry of Defence). My first military dental practice was a single chair dental centre and being a small team of three enabled me to gain experience in the management of a dental centre.

I gained my Certificate in Dental Radiography within three years of joining the MOD and transferred to a dental centre in Military Training Establishment. My post registration qualification allowed me to work to the dentist's prescription and take radiographs, therefore I felt more involved with patient care and helped towards the smooth running of clinics for the new recruits.

Over the years I have gained numerous qualifications including Infection Prevention Control (IPC), application of topical fluoride, disclosing, impression taking, recording plaque indices, implant nursing and sedation. With each qualification I gained more responsibilities, eventually leading to the role of lead dental nurse.

Having gained my Oral Health Educators qualification, I support the dentist and military community by running my own weekly oral health clinic where I teach prevention techniques and give diet advice. As the Oral Health Educator Lead, I run monthly oral health campaigns, attend health fairs and I have presented at various dental training conferences.

I then qualified as a Smoking Cessation Advisor which enables me to further support our patients to improve not only their oral health but their overall health. It was this role that led me to be involved in the implementation of a the 'Smoke-Free Working Environment Policy' in British Forces Gibraltar.

My role as an Oral Health Educator and Smoking Cessation Advisor has seen me being proudly awarded the Commander of British Forces Award. However, it is not only the academic qualifications that I have gained. Working for the MOD inevitably means the dental teams are forever changing, but every new person that joins the team brings with them a new dynamic and a new set of skills. Every dentist I have worked with has mentored and supported me throughout my journey and encouraged me to achieve my goals.

It has been this continuous support that has led to me to where I am now and having been able to achieve all that I have.

Throughout my MOD dental nursing career, I have been very fortunate to have worked all over the UK and abroad. Working as a dental nurse in the MOD has many benefits and I have not only grown professionally but as a person. I have gained not only confidence but friends in all corners the world.



‘The best job in the world!’



It's funny to think that 18 years ago, a career in dentistry had never crossed my mind, and now I sit as President of a professional organisation. The message to start with is that it is OK to not have a plan, but to keep exploring and learning, and talking to different people, until you find what it is that you want to do. I still don't know if this is it yet, but I'm having a great time finding out.

So where did I start? I excelled at school initially, then took A levels, and though I passed, the results were not what I expected. My boyfriend was an entertainer, so we worked together on holiday parks, pantomimes, and hotel Christmas breaks. After a few years I got fed up of travelling around, and wanted to be nearer my family, so took a job in a bingo hall by day, and in a hotel as their entertainer by night. I enjoyed it, but got frustrated working evenings and weekends. It was time to think again.

In the summer of 2005, I went on holiday with a friend, Lydia, who spent the week telling me to "stop messing around and sort my life out", and then persuaded me to try dental nursing. I got a job as a trainee dental nurse for one day a week, and I thought if I hated it, I could leave. But if I liked it, it could be the change I was looking for.

The Principal was not a patient man; clicking his fingers and throwing things across the room, but the Associate, who I was with most of the time, was different. I asked questions, and James would get out a picture book, or draw things, so I could understand. I know that if I hadn't worked with James, and had worked with the Principal, I probably would have left the practice and decided that dental nursing was not for me. Do consider this possibility if you're unhappy and you're thinking of throwing it all in; sometimes it's the practice and not the profession.

Then I started the NEBDN dental nursing course with my friend Mhari. We revised together, sat the exam, and both passed! The tutor asked

why I didn't go on and do dental hygiene and therapy because I'd got A levels. I mentioned this to James, and then to other colleagues, who all agreed that I should apply for dental hygiene and therapy.

I loved being a dental nurse, but I wanted to be more involved with patients. If I hadn't been able to do dental hygiene and therapy, I would have done the oral health educator course and set up educating in care home teams, or nurseries. Or a dental nurse tutor, which I still think about doing now.

I qualified in 2009 and have never looked back. Dental nursing is a great profession, there are many opportunities to push the boundaries, increase your skillset and be the best dental nurse that you can be. Find the practice that invests in you, respects you, and facilitates you to grow. But if you want to see how far you can go, then why not? Being a dental hygienist and therapist is something I am very proud of; I think I have the best job in the world!

About the author

Miranda Steeples is President of the British Society of Dental Hygiene & Therapy (BSDHT). She qualified as a dental hygienist and dental therapist from the University from Leeds in 2009 having previously worked as a dental nurse.

Miranda completed her studies for a MSc at the University of Kent, successfully finishing with a merit grade in 2020. She also enjoys musical theatre, both performing on stage and watching shows, going to live music concerts, relaxing with weekly Pilates classes and cheering on her beloved (Brighton and Hove Albion FC) Seagulls!



Dentistry Show London 2023: An astounding success

Dentistry Show London (DSL), one of the most anticipated events in the dental industry calendar, concluded its highly successful two-day show on October 6th and 7th 2023. This year's show surpassed all expectations, hosting a record-breaking number of attendees, exhibitors, and thought-provoking speakers.

With enthusiasm and excitement filling the exhibition hall, Dentistry Show London 2023 proved to be a must-attend event for dental professionals from across the south and beyond. Over the course of the weekend, more than 4,000 delegates flocked to the ExCeL London, making it the largest gathering of dental professionals in the capital.

The exhibition floor was abuzz with innovation as over 150 exhibitors showcased their cutting-edge products, services, and technologies. Attendees had the opportunity to explore the latest advancements in dental equipment, materials, and software, gaining valuable insights into the industry's future.

One of the highlights of Dentistry Show London 2023 was the broad lineup of speakers who delivered thought-provoking presentations on a wide range of topics in the dental field. Over 100 speakers, including experts, dental practitioners, and industry leaders, shared their knowledge and expertise, inspiring attendees with their insights and groundbreaking research.

There were four BADN speakers in the DCP Theatre:

As featured on this issue's front cover, BADN President-elect Preetee Hylton RDN spoke on "STIs – Signs for the Dental Team to Look Out For", explaining that dental professionals must be familiar with the oral signs of STIs and must be confident about providing advice on safer sex as part of oral health education.

Jo Cliff of CFC Underwriting, providers of indemnity cover through the BADN members' scheme, explained what indemnity is, why it is important for dental nurses to hold it, key elements of cover, examples of claims, and what indemnity options are available for dental nurses in "Indemnity – what is it and why do I need it?", which also covered the types of indemnity available and the differences between them, thereby enabling dental nurses to make an informed decision when choosing their indemnity.

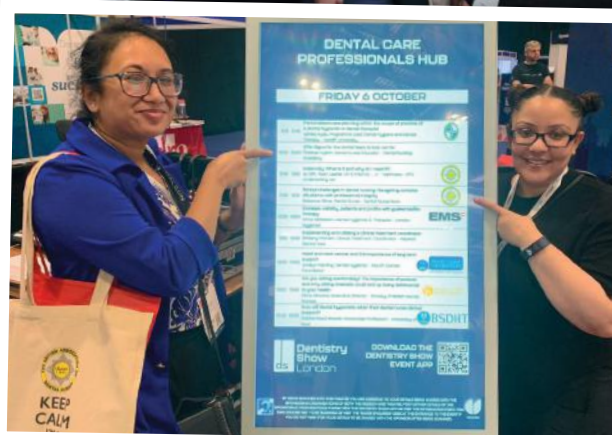
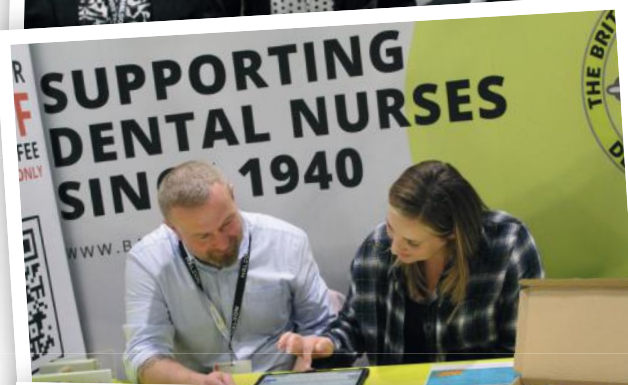
Long time BADN member Rebecca Silver RDN MSc addressed "Ethical challenges in dental nursing: Navigating complex situations with professional integrity" which covered intricate ethical issues in dental nursing, focusing on upholding professionalism, patient rights, and autonomy.

Former BADN Chair Dr Debbie Reed RDN EdD MSc BA (Hons) FHEA FCGDent, of the University of Kent outlined the results of her recent survey, conducted in collaboration with BADN, in "Assessing the Results of the Dental Nurse Retention Survey 2023", which is due to be published later this month.

"Every year, Dentistry Show London aims to raise the bar for the dental industry, and this year was no exception," said Alex Harden, Portfolio Director. "We are thrilled to see such an overwhelming response from our attendees, exhibitors, and speakers. The show's continued growth and success are a testament to the unwavering dedication of the dental community to providing top-notch oral care and advancing the industry. It reaffirms our commitment to providing a platform for networking, learning, and innovation within the dental community."

Dentistry Show London also facilitated numerous networking opportunities, fostering connections among dental professionals, suppliers, and educators. Attendees were able to engage in meaningful discussions, exchange ideas, and forge new partnerships that will undoubtedly contribute to the continued growth and advancement of the dental field.

For those who missed out on this year's event, mark your calendars for Dentistry Show London 2024, taking place on 4th & 5th October at the ExCeL London, which promises to be even more exceptional. Stay updated with the latest news and announcements on Dentistry Show London here - <https://london.dentistryshow.co.uk/register-interest-2024>



Things to do this month with BADN Rewards

From theatre trips and experiences to long weekends away, BADN Rewards has a range of offers for you. Take a look at these exciting discounts for BADN members.

20% discount on Virgin Experience Days

Looking for an inspirational gift idea or a treat for yourself? Then you've come to the right place! BADN have teamed up with Virgin Experience Days to offer you a 20% discount* on over 3,000 experiences – including special offers!

Delivered instantly via e-voucher, or in the stylish gift packing, you'll be sure to make someone's day truly special!



Guaranteed savings on cinema tickets

Whether you are seeking action, romance, comedy or thriller, you can get the best prices on cinema tickets every time at local and nationwide chains such as ODEON and Vue*.



Great savings on travel to the Isle of Wight

As a member of BADN take advantage of your exclusive discount on Wightlink, your fast and frequent link to the Isle of Wight.

Save 15% on car travel and 20% off foot travel on Wightlink's three routes*.



Family Breaks from £69

Pontins guarantees fun for all the family. Enjoy fantastic live entertainment every evening including comedians, vocalists, bands and tribute acts, as well as Pontins iconic Bluecoats who will be keeping the whole family entertained!

There are restaurants, takeaways & bars, amusement arcades and even unlimited use of our heated indoor swimming pool, plus a whole lot more! Choose from; Brean Sands – Somerset, Camber Sands – Sussex, Prestatyn Sands – North Wales, or Southport – North West*.



£5 off a first class upgrade with Seatfrog

Enhance your train journey with £5 off a first class upgrade with Seatfrog. Upgrades to first class can cost as little as £8, so download the app, be among the first 1,000 to enter, and enjoy a fantastic upgrade. All aboard!



To take advantage of these and other fantastic deals by visiting the BADN Rewards page today: www.badn.org.uk

*Terms and conditions apply to all benefits. See website for details. Offers subject to change without notice and correct at time of print. Virgin Experience Days - Discount code cannot be used against their Excluded Range. The Cinema Society - Discounts vary between cinema venues. Please check when purchasing vouchers, registration to The Cinema Society required to access discount. If you do find it cheaper, Cinema Society will price match the tickets that you have found. Tickets should be for the same cinema trip (including but not limited to the same; film, screening time, location and ticket type). Pontins - Dates, Parks & Upgrades are subject to availability. Not all Parks available on all dates. New Bookings Only. Prices based on 4 people sharing a 1 bedroom self-catered standard upper floor apartment on selected dates. Pontins reserves the right to change/remove any promotional dates from the offers without prior notice. Calls are charged at 13p per minute + your phone companies access charge. For all other terms and conditions visit pontins.com/terms-and-conditions or ask at time of booking. BADN Rewards is managed and run on behalf of BADN by Parliament Hill Ltd.

2023 CALENDAR



November 23

- 10 BADN Executive Committee meeting
- 3 NEBDN National Diploma written exam
- 12 Diwali
- 24 BADN AGM and Afternoon Tea
- 25 BADN Coffee CatchUp
- 30 St Andrew's Day (Scotland only)

December 23

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

January 24

- 1 New Year's Day
- Ganhtan-sai (Shinto New Year)
- 2 New Year Bank Holiday (Scotland only)
- 2 BADN office re-opens
- 5 Copy date for Winter 24 British Dental Nurses' Journal (pam@badn.org.uk)
- 7 Christmas Day (Christian Orthodox/Rastafarian)
- 25 Mahayana New Year (Buddhist New Year)
- 26 Winter 2023 edition of British Dental Nurses' Journal published

February 24

- 1 Imbolc
- 10 Chinese New Year
- 14 Ash Wednesday (Lent begins)

March 24

- 1 St David's Day
- 9 North of England Dentistry Show, Manchester Central (<https://dentistry.co.uk/shows/north-of-england-dentistry-show-2023/>)
- 22-23 Dental Showcase, ExCel (www.dentalshowcase.com)
- 31 BST begins (clocks go forward)

Key

NEBDN – see www.nebdn.org for more info or contact 01772 429917
 BADN – see www.badn.org.uk
 Other dental dates – to add your event to the diary, please send details to events@badn.org.uk
 Other notable dates

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

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

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Invoicing, bookkeeping, etc:

Shirley Lyons	01253 338361	shirley@badn.org.uk
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Membership, journal subscriptions:

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

Jacek Drozdek	01253 338364	events@badn.org.uk jacek@badn.org.uk
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General Enquiries

enquiries@badn.org.uk

Our phone lines are very busy! If you are put through to voicemail, please leave a message stating your name, BADN membership number, and contact phone number, and we will get back to you as soon as possible – **please do not hang up; or keep ringing round all the various phone numbers and hanging up – this just blocks the system!**

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

Chairman

Joan Hatchard (Michelle Brand from 24 Nov) chairman@badn.org.uk

Educational Representative

Anita Stanforth education@badn.org.uk

Honorary President

Joan Hatchard (from 24 Nov) president@badn.org.uk

Immediate Past President

Jacqui Elsdon (until 24 Nov) president@badn.org.uk

Treasurer

Michelle Brand (Ruth Garrity from 24 Nov) finance@badn.org.uk

President-elect

Preetee Hylton (from 24 Nov) president@badn.org.uk

Please note that all hard copy correspondence should be sent to the BADN office at:

BADN, Room 200, Hillhouse International Business Centre, Thornton-Cleveleys, FY5 4QD

For queries regarding **BADN Rewards**, please contact Jenny Hollywood at Parliament Hill at jhollywood@parliament-hill.co.uk

For queries regarding **CPD in the Journal**, or access to the CPD certificates, please contact Lorna Reekie at Purple Media on lorna.reekie@purplems.com.

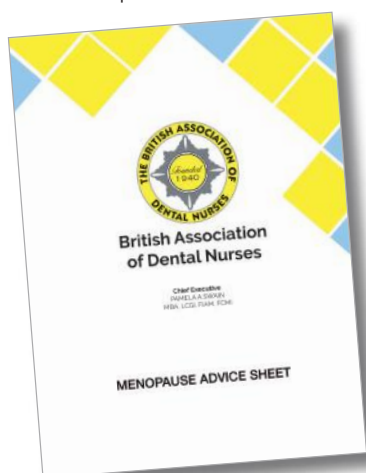
For queries regarding **indemnity**, please contact Trafalgar Risk Management Ltd on trmadmin@trafalgar.uk.com

To **advertise in the Journal**, please contact Ed Hunt at Purple Media at ed.hunt@purplems.com

To obtain your long service member badge (5, 10, 15, 20, 25 years), please go to www.badn.org.uk/longservicebadge and complete the claim. You will then receive an email from Val confirming your eligibility and requesting an SAE. Please put a Self Addressed Envelope, with stamps to the value of £1.05 (second class mail) or £1.45 (first class mail), together with a note of your name and BADN membership number, into a second envelope addressed to the BADN office and with "BADGE" written in the top right hand corner of the outer envelope. Remember to stamp the outer envelope too!

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

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





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