



HEEM Dental Newsletter **October 2014**

Welcome

Welcome to the October edition of the HEEM dental newsletter. Welcome to all the newly appointed members of the HEEM team looking after Dentistry at the Ruddington Head Office, and to all of the new Dental Educators and the 2014/15 cohort of Foundation Dental Trainees.

The first of this year's study days was an Induction held in Kegworth for all Foundation Dentists within the East Midlands. This included presentations from the Programme Directors on how to use e-pdp, reflective learning and how to get the best out of the year, and the Foundation Dentist representative—Alice Dyke.

The new Deanery will use a variety of ways to communicate with the HEEM dental workforce. There will be a much greater emphasis on paper-free communication and assessment. You should all now have an NHS mail account and these should be in active use. The HEEM website has a Virtual Learning Environment (VLE), and you will be given passwords to access this. It will be under continual development as a resource for information.

Those who have been involved with Foundation Training for some time will see some significant change over the next year. One of Winston Churchill's famous quotes states:

*“To improve is to **change**; to be perfect is to **change often**.”*

The support for these changes at Ruddington will come from a team with considerable expertise. The structure of the workforce within HEEM differs from other areas of the country in that it is a functional structure with individuals being responsible for certain specialist areas and tasks being directed accordingly. These teams within the LETB support both the medical and dental workforces.





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Meet The HEEM Support Team

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Health Education East Midlands

School of Dentistry





Dentists are being encouraged to help their patients stop smoking in October with Public Health England's [Stoptober](#) challenge.

Launched in 2012, Stoptober helps and supports smokers to give up for 28 days along with many thousands of others. Those taking part are provided with a detailed step-by-step programme to support them in their attempt to give up their habit.

It has been shown that people who can stop smoking for 28 days are five times more likely to be able to quit for good compared with smokers who only manage to stop for a day or less, thereby reducing their risk of adverse health effects such as mouth and lung cancer, poor oral health and respiratory disease. The 2013 campaign saw 250,000 people take part and 65 per cent of those who took part successfully quit for 28 days.

Dental teams can [request Stoptober materials online](#) for their surgery. These include posters, information leaflets and branding materials.

Guidance for dentists on how they can support their patients to give up smoking and tobacco is available in [Smokefree and Smiling](#), published by Public Health England. The guidance suggests the three-step approach of:

1. ASK, establish and record smoking status
2. ADVISE on the personal benefits of quitting in light of findings in the mouth
3. ACT, offer help and signpost to local stop smoking services

Patients who want to take part in Stoptober can sign up online at:

<https://stoptober.smokefree.nhs.uk/>





Public Health England

In June 2014 Public Health England published revised guidance re: **Delivering better Oral Health: an evidence-based toolkit for prevention.**

The Key recommendations include:

1. Advising parents or carers to start brushing children's teeth as soon as they erupt; recommending brushing twice daily using fluoride toothpaste.
2. Advising patients or their parents or carers on sources of fluoride and the appropriate strength of fluoride toothpaste; advising spitting out of excess toothpaste after brushing, rather than rinsing.
3. Promoting a healthy, balanced diet and reduced frequency of sugar consumption; recommending avoidance of foods and drinks containing added sugar before bedtime.
4. Encouraging patients to choose sugar-free versions of medicine where available; advising on oral care when sugar-containing versions must be used for long periods.

5. Improving periodontal health by advising patients on prevention of gingivitis and the management of risk factors; detecting cases of periodontitis early using the basic periodontal examination and providing supportive periodontal therapy for patients treated for periodontitis.
6. Providing advice to cease tobacco use, information on support and referral to local smoking cessation services.
7. Identifying patients who consume alcohol excessively; offering brief advice on alcohol reduction and referral to local support services
8. Identifying the causes of pathological tooth wear, providing specific, tailored advice on secondary prevention and monitoring progression; considering options for the management of severe wear.





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Health Organisation Campaign

Health organisations have been campaigning to remove unhealthy snacks from supermarket checkouts, including the British Heart Foundation, the British Dietetic Association's Junk Free Checkouts and Sustain's Children's Food Campaign. This has led Tesco to agreeing to take away confectionery from near its tills by the end of the year after conducting research into the issue.

Larger Tesco stores stopped selling sweets at checkouts 20 years ago.

Public Health Minister Jane Ellison welcomed the move saying it would help tackle obesity and ill health.

We would encourage all Foundation Dentists and Educators to attend local courses open to the whole dental community in their area. Many of these are organised through the BDA. Apart from the educational value you will also have the potential to network with the local workforce.

Dentist Support Programme—DHSP

DHSP offers Dentists in Difficulty an opportunity to discuss their problems. The programme is:

- Governed by Dentists.
- Delivered by two Co-ordinators with special expertise in dealing with addiction, mental illness and fitness to practise concerns affecting dentists.
- Facilitates intervention, diagnosis, treatment, support, rehabilitation, recovery and reintegration.
- Provides a fast response which can lead to early detailed discussion of professional and personal concerns, in confidence.
- Is committed to providing pertinent support through engagement, understanding, continuing involvement and on-going case management.
- Is subject to confidential clinical audit.

The Co-ordinators are engaged in mentoring, supervision and continuing professional development. They have an annual appraisal linked to General Dental Council Standards.

<http://www.dentistshealthsupporttrust.org/index.html>

