

periodical

The newsletter for members of the BSP • 2022/23



BSP Awards & Prizes

Undergraduate and Early Career Group News

BSP Patient Forum

The importance of protecting our Mental Health

Ways to improve our Wellbeing

Demystifying NHS phased courses of treatment

Education & Events



British Society of
Periodontology and
Implant Dentistry

Mission Control

We are extremely lucky at BSP to have a brilliant team working behind the scenes to keep the Society running smoothly and our membership happy. Together, Paula and Tamsin support Council and work hard to ensure that our aims and objectives are achieved each year and that our membership is kept up-to-date with the latest news and events.



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Useful Contacts



Keep up-to-date with the latest news by visiting our website and following us on social media:

- bsperio.org.uk
- @BSPerio British Society of Periodontology
- britishsocietyofperiodontology
- BSP British Society of Perio & Implant Dentistry

Thank you to our supportive Partner Sponsors...

The BSP greatly values the support of our 2022 Partner Sponsors and wish to extend our thanks to Acteon, Curasept, EMS, Haleon, KIN Dental, Johnson & Johnson, NSK and Oral-B.

As a charity, we rely heavily on funding from our Partners. They play an important part in helping the Society achieve many of its strategic aims and objectives to benefit and support our members, the wider dental profession, patients and the public.

More information about our Partner Sponsors can be found on our website - www.bsperio.org.uk/about-us/partner-sponsors



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Letter from the Editor



Welcome to the new edition of the Periodical magazine, which is a summary and reflection of the activities and achievements of the BSP over the last twelve months.

The Society continually strives to raise awareness of the importance of gum health to the public, patients, dental and medical professionals. We will only have space in the following pages to share a fraction of the activity of the Society and its members, so I would urge you to follow us on social media and read our monthly newsletters to stay up to date with all developments.

I hope that you enjoy reading the content that we have compiled this year. I wish to extend my thanks to this year's Periodical contributors for gifting their time to provide us with such interesting articles. Also, my utmost gratitude to Paula Dunn (Wonder Woman) who has worked hard to assist me with this publication.

Last year, we were coming out of the Covid Pandemic and focussed on how it had impacted our profession. Things aren't back to normal yet and the dental field still faces ongoing challenges, so we wanted to focus this edition on how we can look after our mental and physical health. Pages 14-20 contain information, advice and signposting on a range of issues related to our theme of Mental Health and General Wellbeing. The authors of the articles have been very generous with their personal stories. What always amazes me about our colleagues is the range of knowledge and skills they have outside of their day job, as well as their willingness to share their time, experiences, and expertise with others.

I think it's important to remember that this can be a stressful profession but we are all in this together and there are multiple avenues of support if we are struggling. We have placed links on our website for all of the key resources discussed in the stories.

I would like to draw your attention to the article on Page 6 where Dr Hong Jin Tan describes the amazing opportunity that he was afforded by entering for the BSP Clinical Fellowship Award. He was able to attend Dr Zuhr's hands-on course in Munich and also had fun exploring the local area whilst there. He gives some tips on applying for the prestigious award and I would encourage you to throw your hat in the ring! On page 7 Dr Rattu describes her excellent Quality Improvement Project (QIP) that won the BSP Audit Prize in 2020. She

discusses what she has done with the project since then. Sometimes seen as a dry subject, Audits and QIPs are a key part of Clinical Governance that aim to promote best practice. Applying for one of our prestigious awards is a great way to engage with the Society and showcase your talents. Details of the prizes can be found on our website.

On Page 8 you'll find an interesting read regarding the EFP Sustainability Manifesto. This is an area close to our hearts at BSP and I would also urge you to also check out our dedicated page on the website: <https://www.bsperio.org.uk/about-us/sustainability>. There you'll find information about our commitment to the future of the Society, our members, the public, and the environment.

You will all have heard of our brilliant and proactive Patient Forum by now. The current Chair, Julian Ekiert, has written a report on page 11, outlining their activity over the last year. I would urge you to read this really informative piece, which highlights how hard this group work on behalf of the BSP.

Lastly, I wanted to let you know that the BSP are currently doing lots of exciting work towards the UK implementation of 'Treatment of Stage IV Periodontitis - The EFP S3 Level Clinical Practice Guidelines'. Like last time, there will be a published paper and lots of educational material and resources to help implement these guidelines in practice. So do keep an eye out for updates on social media, the website and newsletters.

The BSP Editorial Team work incredibly hard to ensure that our members, the wider dental community, the public and patients are kept up to date with the latest news and developments. We are proud that the membership is so friendly, proactive and passionate about Periodontology. Perhaps because of this, there has been continued growth in our membership and social media followers this year..

Facebook – 16,828

Instagram – 4,021

Twitter – 2,362

If you don't already follow BSP, I would encourage you to do so!

 **@BSPerio**

 **British Society of Periodontology**

 **britishsocietyofperiodontology**

I hope you enjoy reading the magazine - I would love to receive your feedback.

Best wishes from all the team at BSP!

Dr Alex Pollard
Honorary Editor



Reflections & Reconnections

by BSP President 2022, Dr Rajan Nansi



**“Coming together is a beginning,
staying together is progress,
and working together is success” [Henry Ford]**

This issue of the Periodical has a focus on mental health and wellbeing, which underpins everything we do and everything that

we are. My own theme for my year of Presidency has been very much about working together; with the team being completely central to our success. These two topics dovetail very well and it's vital to remember how much better we all do when we share.

We've certainly done some sharing this year compared to the more isolated times we experienced during the pandemic. It has been fantastic to reconnect and get back to face-to-face activities and events. I am so proud of the 2022 BSP Conference at Luton Hoo and indebted to our late friend and colleague, Dr Nik Pandya, for choosing such an excellent venue and inspiring the programme I put together.

This year has been all about reconnecting again, emerging from the pandemic into a more familiar way of life. We've embraced all that is good about the BSP through a veritable melting pot of events, webinars, meetings, conferences and, of course, we have been hands-on and heads down as we take care of patients and practice dentistry. Being back with colleagues, patients and members of our own teams has confirmed that our connections matter very much.

The BSP Council members all give their time to meet, discuss, contribute and action. The work we do collectively is so important in furthering the Society and all it stands for. I have a particular interest in the Early Careers Group and engaging with younger dentists (even more so as I approach my own twentieth anniversary of qualifying as a dentist – now I feel old!). Attracting and retaining members has never been so important and I am so pleased that we have 1,750+

members. The various categories of our membership help to keep the Society dynamic and fresh yet measured and established – a healthy balance.

There's even more to say about our connections – the EFP, the Patient Forum, our wonderful sponsors – you'll see that my reflections all have one thing in common and that is the people around us. We use our groups to create momentum behind initiatives, such as Gum Health Day and EuroPerio10 – and I must add that Paula and Tamsin did us proud representing the UK in Copenhagen. This duo works hard to make sure that all of us at the BSP present well, wherever we are in the world.

As a Society we have always aimed to communicate with the public through campaigns, resources and our members. This is a huge challenge but we continue to make great strides with this through news stories, infographics, communications, posters and other mediums. It's an uphill climb but something that we should continue to attempt with stoicism and a measure of realism – reaching millions of people on a limited budget is always going to be a challenge.

It's all about people, connections and sharing abundantly. Being generous with each other is a sure way to foster good relationships – we can share our time, experience and connections. Why not introduce a few more people at the next BSP get-together or at a dental conference or exhibition? Let's make some waves!

My final word is a thank you to the person who connects us all together (and keeps it all together) and I'm sure it feels like herding cats at times! Thank you to Paula Dunn, our Executive General Manager, who organises us all with military precision and a reassuring smile. We would be lost without you.



Awards & Prizes

To reflect our commitment to progression and innovation, the BSP awards annual prizes for research into periodontology and implant dentistry both for undergraduate, postgraduate and qualified dentists, hygienists and therapists.

We are delighted to announce the winners in the categories below.

- BSP Clinical Fellowship Award – Dr Hong Jin Tan
- BSP Research Grant – Dr Joshua Jackson
- Frank Ashley Undergraduate Prize – Kate McNelly
- The Sir Wilfred Fish Research Prize – Dr Vitor Neves
- The Systematic Review Prize- Dr Varkha Rattu
- BSP Clinical Poster Prize – Dr Chaitanya Joshi
- Research Poster Prize – Annabel Simpson

We appreciate that putting yourself forward for a professional award may be daunting, especially if you are early in your career. However, our awards are designed to help support and strengthen your professional skills and create opportunities for you to advance your career. So, please be brave, find your inner competitiveness and remember, **“You’ve got to be in it to win it!”**

The Sir Wilfred Fish Research Prize	Systematic Review Prize	Audit Award	Poster Prize	BSP Clinical Fellowship Awards	BSP Research Grant	Frank Ashley Undergraduate Prize
Awarded annually to encourage researchers in the early stages of their career. The prize is a certificate and cash award of £1000	Awarded annually to encourage systematic reviews which have an application to periodontology and implant dentistry. The prize is a certificate & cash award of £1000	The BSP is committed to supporting audit proposals with funding of up to £500 per project, with clear educational benefit. 4 awards may be made annually	Two categories: Research and Clinical Case Report. The prizes each take the form of a cash award of £500 and certificate	Designed to support successful applicants to participate in or attend events that have a clear educational benefit	For postgraduate research, development and training up to £5000. For research projects with a clear application in periodontology	To encourage dental undergraduates at UK dental schools to undertake a project with a clear periodontal educational benefit. Two prizes of £500

Case Studies Needed!



The BSP is keen to build a “library” of different cases on our website, of relevance to periodontology and implant dentistry, as it will help develop an invaluable educational tool for our members.

An honorarium of £100 is paid for each posted case report.

Please consider submitting a clinical case report to our Honorary Editor, Dr Alex Pollard.

Visit our website for more information:
www.bsperio.org.uk/members/case-studies

BSP Clinical Fellowship Award 2022

by Hong Jin Tan



It was a great honour to receive the BSP Clinical Fellowship Award 2022.

I first became aware of this award when I joined BSP as a member, back in 2019. My desire to apply grew when one of my colleagues was awarded the Clinical Fellowship in

2021. The first thing I did was pencil down a reminder in my calendar, so that I didn't miss the deadline! The application was straightforward, but you will need a clear education plan and justify how this award would help you achieve that. The perk of the award is that you get to choose the course that you believe would benefit your learning objectives. Of course, you will need some luck as well, as the award is highly competitive.

Being a final-year Postgraduate Trainee in Periodontology at the Eastman Dental Institute UCL, I value every opportunity to learn, and this award has given me a chance to do so. With the financial support from this award, I attended a 3-day Masterclass, which explored multidisciplinary approaches in periodontal and implant treatment, conducted by Prof Hürzeler and Dr Zuhr at the Hürzeler-Zuhr Academy in Munich. The course has helped me appreciate the roles of orthodontics, prosthodontics, and endodontics when dealing with patients with periodontal diseases. In addition, I also experienced hands-on workshops on pontic site development, aesthetic crown lengthening and papilla reconstruction technique. It was interesting to learn different surgical approaches that offer the same treatment objectives.

I have always been interested in improving the aesthetics and function of my patients after periodontal management. Patients with severe periodontitis often have compromised smile aesthetics due to problems such as black triangles, gingival recession and tooth migration. Aesthetic concerns are one of the most common reasons that motivate patients to seek treatment. Unfortunately, as periodontitis is managed, these patients are often left with worsened aesthetics. This course has certainly underlined the roles of different disciplines in managing the aesthetic aspects. A combined effort of different disciplines, such as orthodontics and prosthodontics, is often needed to

solve patients' aesthetic concerns. Coupled with clinical attachment loss from periodontitis, these treatments often require careful planning and delicate execution.

I also had the opportunity to meet talented clinicians from around the world, who participated in the course. Meeting and learning from Prof Hürzeler in a small group was an excellent opportunity to interact and ask questions. Of course, as this was my first-time visiting Munich, I used my spare time to explore the city. What's better than having some fantastic, authentic, local food and drinks to finish the day?

If you are interested in applying for this award, I would highly recommend that you find out more on the BSP website and pencil down the deadline just like I did. Good luck!

www.bsperio.org.uk/professionals/awards



The BSP Audit Award 2020

By Dr Varkha Rattu



It was October 2019, and I was an Oral and Maxillofacial Surgery (OMFS) Dental Core Trainee Year 1 having my initial meeting with my Educational Supervisor. He asked me to think about an OMFS audit to undertake – auditing consent for wisdom teeth extractions or timing of flap observations. I wanted to apply for Periodontology and so these subject matters didn't really excite me. I therefore did the unthinkable (well, the unthinkable when you're in OMFS) - I asked whether I could do a perio-related project.

Fast forward to September 2020 and I was fortunate enough to receive the

BSP Audit Award for my quality improvement (QI) project, ***"Explaining and investigating periodontitis as a risk factor of diabetes within the diabetes department at a district general hospital"***. My full report can be found here: www.bsperio.org.uk/assets/downloads/BSP_Audit_Award_Report_-_Varkha_Rattu.pdf. The project involved working with the diabetes team to introduce a periodontal review as part of their diabetes consultations. It had its fair share of trials and tribulations, but we started to see some positive changes.

TePe, who had kindly provided samples as part of the QI project, contacted me in June 2021 and asked what my future plans were for this project. Honestly, I wasn't sure ... I had gained a place on the MCLinDent Periodontology Programme at KCL and so surely that was it? However, I stopped and reflected on my journey so far - did I really want to stop now? The diabetes team were keen to make this change permanent but the main obstacle they faced were the questions that followed from patients when they brought up periodontitis. Discussing oral health was still novel to the team and they were unable to refer patients to dentists under the current circumstances... so what could they advise? With TePe's support, I created a 'Periodontitis and Diabetes' leaflet providing comprehensive information for diabetes patients. The leaflet included QR codes for further information, a link to the BSP website and a free sample pack of interdental brushes. We also recorded a short film to show the project in action: www.youtube.com/watch?v=_4dw1VUojnE. It is a great example of how diabetes teams can incorporate the new NICE guidelines which advocate a periodontal review within diabetes consultations.

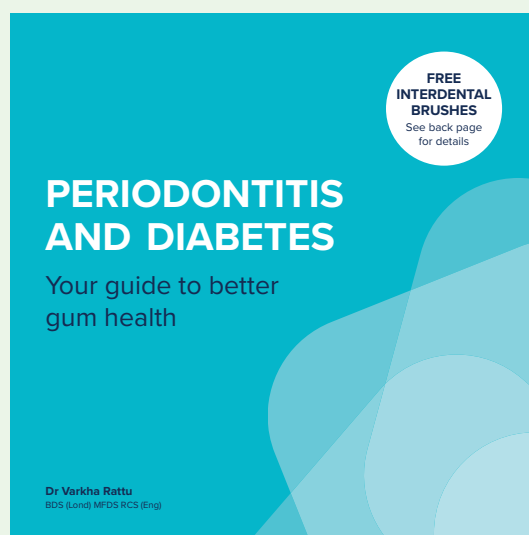
I had the honour of speaking about this project at the International Symposium on Dental Hygiene. The response was phenomenal (much to my dad's surprise as he was worried no one would attend or I would forget my speech). I had dental hygienists from all over the world queuing up to speak to me, pictures of my presentation appeared on social

media, I was bombarded with requests to make the leaflet available for all to use, and even received messages from people thanking me for inspiring them.

However, the most rewarding part of all was knowing I had successfully changed the mindset amongst (most of) our diabetes colleagues. Now, almost three years after it all started, I walk into that same diabetes department and see members of the diabetes team full of enthusiasm and ideas about the future direction of the project. I am grateful for their trust and support at the outset of the project and am proud of what we achieved together.

The impact of my project was beyond anything I could have ever imagined, and it really showed me the value of Audits and QI Projects for promoting best practice. I know that my project was small in comparison to his amazing feats but whenever I face challenges, I am often inspired by a quote that I love from Nimsdai Purja (14 Peaks- Nothing is impossible), *"Sometimes the idea that you come up with may seem impossible to the rest of the world but that doesn't mean it's impossible to you ... If you can inspire 1 or 2 people in a good way, you can inspire the world"*.

For further information about the project or collaboration opportunities contact: varkha.rattu@nhs.net



How the EFP put sustainability at the heart of EuroPerio10

Sustainability is now a key part of the mission of the European Federation of Periodontology (EFP) and was placed at the heart of the EuroPerio10 congress celebrated in Copenhagen in June.



Following the launch of its *Sustainability Manifesto* at its 2020 general assembly, the EFP and its professional Conference organiser, Mondial Congress & Events, sought to make EuroPerio10 one of the world's most sustainable congresses.

They established a set of sustainable goals for the congress, which included:

- **Reducing CO2 emissions:** All speakers who had to take a plane to attend the congress carbon-compensated their flights, and all 7,200 attendees were given public-transport tickets as part of their registration, enabling them to get around Copenhagen in the most environmentally friendly way.
- **Reducing printed materials:** Adopting the message "we think before we print," the EFP looked first for digital alternatives so that only essential materials were printed. The amount of printed material for the congress was reduced by half compared to EuroPerio9 and anything that was printed used recycled paper. The congress lanyards were made from recycled polyethylene terephthalate (PET) and many of the congress signs were printed on easily recyclable cardboard. As a result of these measures, the amount of waste produced by the congress was significantly reduced.
- **Local food:** Adhering to the motto "sustainability goes through the stomach," the EuroPerio10 coffee breaks featured only locally sourced food, and the "Sustainability at EuroPerio10" section of the EFP

website highlighted organic and other sustainable restaurant options in Copenhagen.

From a sustainability perspective, Copenhagen was the ideal venue for EuroPerio10, as it is one of the world's most sustainable cities and has set the ambitious goal of becoming the world's first carbon-neutral city by 2025. As well as its excellent public-transport system, it has also been a pioneer of various green solutions.

Sustainability was also given centre stage at the EuroPerio10 opening ceremony, where the keynote speech was given by Katherine Richardson, who chaired the Danish Commission on Climate-Change Policy and is Professor of Biological Oceanography at the University of Copenhagen and leads the University's Sustainability Science Centre.



Professor Richardson told EuroPerio10 attendees that, when she was working on the 2019 United Nations report on global sustainable development, "we became aware that the medical sector in general hasn't really followed along in the sustainable discussion." She urged the dental sector, along with others, to embrace the UN's sustainable development goals which "force us to respect the ecosystem which we are a part of."

The commitment to sustainability continued after the congress had finished: left-over congress backpacks were donated to two Danish organizations that work with socially vulnerable people.

"This is the first time that sustainability has played a strategic role in a EuroPerio congress, underpinning the decision-making process," said Professor Nicola West, EFP Secretary General and Treasurer of EuroPerio10. *"We are delighted with the impact and engagement we have generated. Sustainability is a journey that takes long-term commitment, and we will strive to constantly improve and go further."*

BSP Sustainable Development Goals

The BSP were extremely impressed by the EFP's presentation on Sustainability at the 2020 General Assembly and agreed for our logo to be added to their Manifesto, to show that we fully supported the EFP and would look at ways to become more sustainable ourselves.

In addition to our long-term strategic aims, BSP Council identified initial key sustainable development goals to safeguard the future of the Society. These objectives reflect elements of our strategic plan and keep the BSP focused on delivering the best service to our members, the wider dental community, the public and patients, without comprising the needs of future generations.

Sustainability is the balance between the environment, equity and economy. The practice of sustainability cannot happen overnight but we are confident that we are already taking steps towards addressing these interconnected issues.

As part of our focus on sustainability, we reduced our printed materials by 50% at our recent Annual Conference, choosing instead to link to documents on our website. Once again, we used BSP reusable lanyards made from recycled PET and eco-friendly shopping bags, which delegates kindly returned for use at future events. We also used recyclable card name badges to reduce plastic waste. Although



only minor changes, they echo the ethos of our mission statement, "Embedding sustainability - because tiny tweaks lead to outstanding outcomes."

You can read more about the Society's Sustainable Development Goals on our website: www.bsperio.org.uk/about-us/sustainability





BSP Early Career Group

by Dr Mitul Shah

As we approach the end of the year and my term as Chair of the Early Career Group, it offers a chance both to reflect and look forward to 2023.

I would like to personally thank Devan Raindi (Secretary), Vipul Patel (Past Chair), Sinead Daly (Academic Representative), Hiraa Jamil (Social Media Officer), Maja Sabalic (Mono-speciality Representative), Ollie Jones (NHS Representative) and Anna Middleton (Hygiene/Therapy Representative) for their efforts over the last two years. I also offer special thanks to Paula Dunn (Executive General Manager) and Tamsin Lawson (Education and Events Manager) who have always been there to offer help and guidance to the ECG.

Much of our term as Committee has been punctuated by the Covid-19 pandemic, which has affected the Society as a whole. Without wishing to tempt fate, I am looking forward to things returning to as close to normal as possible.

I am pleased to announce that the next ECG Masterclass will be held on 19th May 2023 at the University of Birmingham Dental School. Following on nicely from the ECG session at the recent Conference, it will focus on Aesthetic Crown Lengthening Surgery and the Management of Excess

Gingival Display. Delegates will receive hands-on training in the digital planning and surgical execution of crown lengthening surgery, as delivered in a world class training facility.

This promises to be an excellent course. Please take a look at some of the previous successful courses run by the ECG, aimed at inspiring the younger generation of practitioners working within the field of periodontology and implant dentistry and helping them to develop their clinical and management skills: www.bsperio.org.uk/early-career-group/about-early-career-group

In January 2023, Devan will assume the role of Chair of the Early Career Group and I have the upmost confidence in his ability to develop the ECG further. Please continue to support the Society and contact the ECG if you need any support or advice on developing your skills or career pathway. The newly appointed Committee will support our young members, helping them to meet the challenges they are likely to face in the formative years of their career.



BSP Undergraduate Group

by Dr Brinder Shergill

Reflecting on my time as Chair of the BSP Undergraduate

Group, I can say that it has certainly been an eventful couple of years. With the shock of COVID-19 (I promise I will not mention the dreaded C word again) all dental-related courses in Scotland had an extra year introduced. Another way to look at this was that all the staff loved us so much that they did not want us to leave!

Having now graduated as a Dentist and currently undergoing my Vocational Training year, I look back at my experience as Chair and am honoured to have met so many amazing people. I firstly want to thank the BSP Team, who have gone above and beyond for students and made us feel part of the BSP family. Secondly, I want to thank all BSP representatives for their understanding and ability to adapt

to all the external changes imposed on us over the 2 years, whilst remaining so positive.

Lastly, a special thanks to my amazing Committee, Gamze Eroglu, Jay Patel and Lizzie Briggs, without whom I would have lost even more hair! I also want to congratulate Gamze Eroglu for her success in completing her DHT degree and gaining acceptance into Dentistry, where I am confident that she will make us all proud - no pressure!

One of my highlights was the highly successful Gum Health Day! Well done to everyone for working so hard this year. Together we were able to launch the first UK wide interactive promotional stalls for Gum Health Day. Now the groundwork has been laid it will only be improved upon and, who knows, it may even become a Hallmark card!

I look forward to passing on the BPE probe to the next Chair and have every confidence they will continue the success.



BSP Patient Forum Presenting a Patient Perspective

by Julian Ekiert (BSP Patient Forum Council Representative)

It has been a strange year for the Patient Forum with no physical meetings taking place.

We all know that Zoom or Teams meetings have, by and large, worked well for training tasks and in the professional workplace. However, this medium is not always used by the public and can be unfamiliar to patients. This can erect a barrier to free-flowing conversation, which is important when discussing health issues. Nevertheless, Forum Members have been active, supporting a number of projects.

JANUARY

Patient Forum members gave valuable input to the S3 lay flowchart, which

conveys the important evidence based information on gum health in a simplified, informative way. This will allow patients to empower themselves to take responsibility for aspects of their disease management and know that they are being offered appropriate evidence-based treatment.

In creating resources for patients and the public the BSP aims to:

- Help the public understand what gum disease is
- Raise awareness of how to look after your gums and maintain oral health
- Reduce stigma associated with gum disease (as highlighted in "The Sound of Periodontitis" video)
- Highlight that more can be done to aid gum health in addition to brushing your teeth
- Encourage patients to take ownership of their disease

FEBRUARY

In February 2022, work began on the revision of the SDCEP periodontal

guidelines, "*Prevention and Treatment of Periodontal Diseases in Primary Care*", with two Patient Forum Members involved in the workshops. It is hoped this revision can be completed by mid-2023.

Also in February 2022, Professor Shauna Culshaw organised an Undergraduate Student Symposium at the Glasgow Dental Hospital entitled "*Understanding the patient experience of Periodontitis*".

MARCH

In March, I took part in a trial with Dr Alex Pollard to record a short patient

information video. This was a great success and plans are now underway to organise studio time for Patient Forum members to interview several perio experts, to create a series of informative videos for patients and the public.

JUNE

The film, "The Sound of Periodontitis", was the result of an initiative led by

the BSP in 2015 and featured me and fellow Patient Forum members talking about our experiences and highlighting the human side of the disease.

I was delighted to hear that it was featured as a highlight in the closing ceremony at EuroPerio 10, Copenhagen. The film is available to view on the BSP website and features on the EFP YouTube channel with subtitles in seven languages.

SEPTEMBER

Four members of the Patient Forum participated in the

recent BSP workshops to review the EFP S3 Stage IV Perio Treatment Guidelines, ensuring their compatibility with our UK healthcare system. It has certainly been interesting to observe the considerable work and discussion that goes into the production of clinical guidelines.

Future Goals As we look ahead to next year, our aim is to further develop the Forum by recruiting new members who share a similar passion to promote the importance of gum health. It is hoped that the Forum can become a larger group and be more reflective of the diverse community which the BSP serve.

How Time Flies!

by Professor Mike Milward, BSP President Elect 2023



I originally became a member of BSP back in 1999 and can't believe I have now been a member for nearly 23 years; however, a quick look in the mirror reminds me that it must be true! Following on from my time as Treasurer, I have the real honour of being President Elect and will be President in 2023. I am really looking forward to this great opportunity.

In the time since I joined, BSP has evolved massively and continues to change and adapt to new challenges, with the aim of supporting our members and the wider healthcare community in understanding and delivering high quality periodontal care for our population. Alongside this, we have worked to educate and support patients in understanding the challenges of periodontitis and their role in disease prevention or management. The innovative Patient Forum, developed by BSP, has been a key part of driving this agenda and has given a real richness to our Society in putting the patient at the centre of healthcare provision.

BSP, for many years, has been the organisation that has driven the National agenda in promoting the importance of periodontitis and ensuring it is constantly flagged at every possible level. This has achieved much to support colleagues in delivering high quality periodontal care.

The Society has developed close ties with Partner Sponsors, whose support has allowed the Society to develop initiatives that support our Strategic Plan. These relationships are essential, and something we are keen to maintain and develop moving forward, to further raise the profile and understanding of this important disease.



I am a passionate Brummie and was pleased that we had the chance to showcase our wonderful and diverse city during the recent Commonwealth Games. Along with several colleagues and students from Birmingham School of Dentistry, I became part of the "Commonwealth Collective," the volunteers recruited to support the Games. We received a very nice uniform, but I wasn't sure that the orange and

pale blue was my ideal colour combination (I will let you decide from the picture!). However, once I put it on and we all started working together, I did rather get to like it!



Our role was to engage with athletes and deliver oral healthcare promotion. We were each allocated eight shifts which ran from 7am – 3pm, or 3pm -11pm. It was an enjoyable and rewarding experience and we got to meet some lovely people whilst promoting the importance of oral healthcare. This experience highlighted that there is still much to do to promote basic concepts which have a major impact on the oral health and quality of life of our population.

I have been working closely with Tamsin to arrange next year's BSP Conference, under the concept of "Teams – working together for success." This aims to bring together my passion for working in a vibrant team-based environment, where everyone has ownership of their role and collectively contributes to overall success. This could not be more important in healthcare in general, and specifically in managing periodontitis. So, the Conference will include something for all members of the periodontal team. I have asked a formidable group of speakers to deliver an inclusive Conference for all our members.

From the graphic for next year's Conference (see Conference advertisement) you may be able to work out one of my other passions!

I look forward to welcoming you to Birmingham next year.

BSP CONFERENCE 2023



TEAMS WORKING TOGETHER FOR SUCCESS

WEDNESDAY 11TH – FRIDAY 13TH OCTOBER 2023
BIRMINGHAM



www.bsperio.org.uk



British Society of
Periodontology and
Implant Dentistry

Looking after your own Mental Health and Wellbeing

In our previous edition of the Periodical we explored the impact of Covid on the dental profession and how people coped with life after lockdown. Several of our members kindly shared their personal journeys as they returned to practice. We recognise that the pandemic had a significant effect on many dental professionals, so this year we wanted to focus on the importance of Mental Health and Wellbeing.

As dental professionals (clinical and non-clinical), we all work hard as a team to help our patients and in doing so we can have a big impact on their quality of life. However, there are multiple stresses every day, for instance caring for patients and managing their expectations and fears, working with time pressures and often under financial restrictions. We are under significant pressure ourselves and are often guilty of neglecting our own wellbeing. We need to remember to look after our own mental health and wellbeing. How can we

expect to have the emotional resilience to go to work each day and achieve our goals if we don't look after ourselves too?

We hope that this series of articles will remove any stigma surrounding mental health, highlight sources of support available and some of the ways that you can protect and improve your own mental health and wellbeing. This is not an exhaustive guide, just a starting point for open conversations going forward.



A Personal Journey

by anonymous contributor

Like most I stumbled upon a career in Dentistry as a school leaver... many years ago. How proud I felt donning my pale blue Nurse uniform together with a purse belt. I loved my tiny surgery and would keep it spick and span, everything had its place, apart from me!

Dentistry has been termed a 'lonely' profession and in most of the literature the insinuation is that Dentists are the 'lonely' ones. When my career was starting out, I can honestly say I had never felt so 'lonely'. I never understood why or what made me feel this way. Maybe it was that I was afraid to say or do the wrong thing, embarrass the Dentist or the company.

Looking back, I enjoyed the practical side of my job, but I didn't have a supportive relationship with the team. I did not always feel validated and had a strong sense of my place in the hierarchy, because of that I never really showed them the real me. This took its toll and I started to get panic attacks along with a low mood, which led to sick days. The issue was that I didn't have anyone to talk to apart from my GP and I didn't feel that she had time to appropriately deal with my problems. I knew I needed to tell my employer but the thought of openly talking about these issues brought on even worse panic attacks.

Why did I feel this way? Were others in the team feeling the same? The Dentist I worked with also seemed to be showing signs of low mood and anxiety. At that time, mental health and wellbeing support for the whole dental team just didn't

exist and no one recognised the signs of a team member struggling or in need of help.

So, after many years of battling, I decided my life needed to change. I started to see a counsellor, who worked on self-care strategies with me. I learnt to understand my anxiety and the triggers, and how to shift the focus through mindfulness techniques. I had regular acupuncture sessions and took up running. This started to have a positive impact on my low mood. I felt like a new person and that my life had changed!

As my career developed, I underwent further training and changed professions to become a Therapist. I moved

to a different practice and I realised that it wasn't just me that had these feelings. Over time I took on more leadership skills, especially in the wake of Covid 19 when there was a greater need for Mental Health and Wellbeing support within Dentistry. I am now a mental health first aider, working alongside Fiona Ellwood, who Chaired the Strategic Steering Group on behalf of the Dental Professional Alliance. The group worked to create the 'Mental Health Wellness in Dentistry Framework' alongside Roz McMullan, Chair of Probing Stress in Dentistry in Northern Ireland. I believe that this work is vital for the future of the workforce and the Mental Health and Wellbeing of the entire Dental Team.



Mental Health Wellness for Dental Technicians

by Steve Taylor CDT

Working as a dental technician can at times bring challenges, just as it can for those working directly with patients. There can, of course, also be challenges for other non-technical staff within any dental laboratory. Pressure from life outside of the dental laboratory can impact on performance and function within the laboratory, and vice versa with work pressures impacting homelife. How a person responds and reacts to the pressures they face can vary greatly. In our workplace, cases arriving at the laboratory without adequate time to construct the desired restoration or prosthesis, or technical issues arising during construction, can just be part of the problem.

The concept of the *Mental Health Wellness in Dentistry Framework* is to show a structure that can be implemented within the laboratory or dental practice to help provide a visible and effective support mechanism. This support will be available to everyone who works within the business. The British Institute of Dental and Surgical Technologists, as part of the Dental Professional Alliance, was pleased to be involved with this timely and important initiative. We are supportive of the dental profession and recognise the value of promoting Mental Health and Wellness to all members of the dental team.

The concept of the Mental Health and Wellness working group was to create a framework so all dental businesses, practices or laboratories, could have someone within their organisation who was suitably trained to act as a mental health lead. The role of the lead is to be a confidential support for anyone needing help or guidance with their mental health. They need to be vigilant for anyone who may be showing signs of being engaged with a mental health

struggle and offer help by signposting them to available resources. Sometimes, asking simple questions, such as, "Are you ok? Is everything alright? Shall we take 10 minutes to chat?" may be the starting point to help someone open up. The ability to be able to point someone in the direction of appropriate support can put the colleague on the correct pathway and lead to a more successful outcome. Dental Technicians have been informed of this initiative through publications such as the Dental Technician magazine, the Dental Laboratory Journal from the Dental Laboratory Association (DLA) and the quarterly journal of the British Association of Clinical Dental Technicians (BACDT).

Although many dental laboratories are small businesses with only a few members of staff, it is hoped that they will all engage with this concept. The MHW Framework allows every business, irrespective of size, to utilise its pathway and highlight the support that is available.



Sources of Support

by Dr Leo Briggs,
Deputy Head of the Dental Defence Union

Mental health is a universal problem, but research suggests that dental professionals face particular pressures that may make them more vulnerable.

Thankfully, we seem to be through the worst of the pandemic, but it has had an impact on the mental health of dental professionals who have had to cope with financial pressures and adapt to new ways of working, even if they avoided testing positive. A survey of DDU members in May 2021, for example, showed that 78% of respondents felt stressed or anxious on a weekly basis, up from 67% the previous June.

Although this is worrying, acknowledging a problem is better than pretending that everything is fine or resorting to unhelpful coping mechanisms. The more we are aware of the signs of mental distress, in our colleagues and ourselves, the sooner we can act. Early intervention offers the best chance of a swift recovery for the practitioner and is better for their patients too – multiple studies have linked work related stress and burnout in healthcare professions with adverse incidents.

The Dentists' Health Support Trust (DHST), is a charity which supports dentists with mental health or addiction. Rory O'Connor of the DHST has said that some of the warning signs include changes to sleeping or eating habits, difficulties in concentration, negative thoughts or a sudden loss of interest in work or hobbies.

Rory thinks that it is not necessary to be a mental health specialist to make a difference. He has said that, *"The bottom line is you don't need to be an expert, but what you do need to be is a concerned person who considers their own wellbeing and the wellbeing of others. For example, rather than thinking that someone has seemed a bit off today, the single most important thing you can do is to express concern; ask them if they are OK, and really mean it. You might be the first person they are willing to open up to."*

Some of the organisations people can turn to include the DHST and the NHS Practitioner Health Programme, as well as the Practitioner Advice and Support Scheme (PASS), which is run by Local Dental Committees. You can also get support from your own GP. Don't forget that Defence Organisations can also offer help to their members who might be struggling.

It's important to stress that the GDC is sympathetic towards registrants with health problems. In my experience they will not seek to sanction practitioners with health concerns unless they are putting patients at risk.

All links available on our website.



Wellbeing support for the Dental Team

by Dr Laura Hannon

The Wellbeing Guide for Dental Teams was launched in January 2021, after volunteers across different aspects of dentistry formed a collaborative group, following an event on wellbeing in February 2020.

For a variety of reasons, there has long been a reluctance amongst the dental profession to discuss and seek support for their personal problems, including mental health. We wanted to help put an end to that. Contributors

from organisations such as the BDA Benevolent Fund and Dentists' Health Support Trust noted that people weren't reaching out for help as early as they could. Prior to the launch of the resource it relied on individuals knowing where

to go or who to ask for help, which wasn't practicable or helpful.

Wellbeing Guide for Dental Teams is for all dental team members, including students and those in non-clinical roles. It outlines how to assess your own mental health and wellbeing, and provides resources for self-care, including the range of organisations available to support you. It won't cure all problems but it is a useful guide, not just for people who are beginning to struggle, but also people who know of others who are beginning to struggle. If you are wondering how you can help your friend or colleague, the guide is the ideal starting point. We hope it will enable dental team members to find contacts for people who can help them really easily without having to get to a point where they are acutely unwell.

Feedback using the form on the site suggested adding more resources around menopause and so this was done to create the second version, which was launched in January 2022. Again, it was created for all dental team members and continues to be improved by users.

To access the document simply visit supportfordentalteams.org to download your free copy.

We encourage you to share the URL and link to it from your practice or organisation's website.

Do be sure to feedback about any improvements or additions you would like to see, and you may get your ideas into the next version.

The document is in mobile, tablet and PC friendly PDF format. It is available to download and print (in colour or black and white).



Mental Health Wellness in Dentistry

by Fiona Ellwood

Mental health and wellbeing have been a taboo subject for many years and surrounded by stigma and a reluctance to speak up about mental health issues, it was not high on any agenda. What had been an even bigger issue was knowing that there was very little in place for the whole dental team, but clearly more in place for dentists and specialists.

The Society of British Dental Nurses (SBDN) were very aware of the challenges dental nurses faced and offered brief advice and support where and when it was needed. We then set out to improve the support available for all dental professionals. We were determined to ensure the whole team knew help was at hand and that this help needed to start in the workplace. The SBDN had trained first aiders and mentors and explored the possibilities and opportunities available that would help the whole team. As President, I was keen to take this work to the Dental Professional Alliance (DPA) and bring a working group together to develop and co-design a framework that

could be adopted by all dental workplaces and all professional groups.

In the development of this work, all dental colleagues were represented by their key professional Societies and Associations. Designed on the premise of both the 'Thriving at Work' paper (Stevenson & Farmer, 2017) and the Working together to Reduce Stress at Work Guide (HSE, 2005), the Mental Health Wellness in Dentistry (MHWD) was brought to fruition and was welcomed by key stakeholders across the dental profession.

The framework has been designed around 3 stages

1. Everyone in the workplace should undertake a stress awareness short course as part of their induction.
2. Mental Health Leads are identified and undergo Mental Health First Aider training and return to the workplace to implement the training with the management teams.
3. Suicide awareness, although hugely important, is the third component and desirable not compulsory. This is because

it takes MHWD beyond the idea of early intervention and safe signposting, and at this stage is perhaps beyond the scope of this scheme.

The framework is accessible to all and the MHWD Group are working with Early Adopter groups. Research has been welcomed and continues. Please visit our website and engage with us to support our colleagues.

www.mhwd.org



Managing Low Back Pain in Dentistry

by Adam Millward, Neuromusculoskeletal Physiotherapist at HMS Drake Naval Base

It is well documented that Dental professionals are at high risk of developing neck and low back pain (LBP) during their careers. Research has shown that 70% of dentists develop spinal pain at some point in their career, with LBP the primary complaint (Gaowgzeh et al, 2015). The vast majority of cases are described as moderate in intensity, and the most commonly affected age group is 30–40-year-olds.

Dentists spend a significant amount of time in static and often awkward positions, which can lead to pain, increased sick days (25% of Dentists with LBP miss work due to pain), and reduced output. The repetitive nature of the workload, plus long periods of being sedentary, are considered risk factors as the muscular demand on the trunk is high. The development of spinal pain is multifaceted, and although the physical nature of dentistry can certainly add to the development of LBP, high levels of psychological stress can also contribute. It is commonly agreed that stress, anxiety, lack of sleep and other lifestyle factors can contribute to the development of musculoskeletal pain. Research has revealed that dental assistants and technicians have lower incidences of LBP, perhaps owing to the ability to be more mobile during the working day (Almas, 2001). The findings may also be attributed to the high levels of stress associated with a clinical workload.

Thankfully, there are several strategies and techniques that you can utilise to minimise the likelihood of developing LBP and to manage the symptoms effectively should you develop them.

Ergonomics and posture. Having a perfect posture is less important than changing position regularly. Try not to get too

concerned with the perfect seating position or ergonomics but keep changing position regularly. Try to remember 'your best posture is your next posture'. Regular micro-breaks can be useful so you can change position and move around. Be strict with yourself to ensure you take these micro-breaks.

Can you structure your day so that you are varying activities and not performing the same tasks repetitively? Can you switch between standing and sitting tasks, for instance performing examinations in a standing position? Try to work in a close proximity to your patient and make full use of your assistant to avoid reaching too far for equipment. Dentists who make full use of their assistants have far fewer incidences of LBP (Mohseni-Bandpei et al, 2017). Dental loupes can be useful to prevent craning of your neck. Try keeping your arms as close to your body as possible to reduce the load through your trunk. Proper positioning of your patient is crucial, and don't be afraid to ask them to move their head to a better position rather than straining yourself.

Physical fitness. Keeping generally fit and physically strong is vital for general health and the management of LBP. Conflicting evidence exists as to the best form of exercise for back pain, but experts agree that the best exercise choice varies from person to person. The most important

consideration is to pick an exercise that you enjoy so it can be sustainable. A mix of cardiovascular and strengthening work is recommended. The NHS physical guidelines suggest 150 mins of moderate intensity exercise or 75 mins of vigorous exercise a week should be undertaken to maintain general health.

Relaxation and mindfulness. A growing literature base is emerging in support of relaxation and mindfulness techniques in the management of back pain. Being mindful focuses on 'being present' in the moment and can activate the parasympathetic nervous system, which can reduce pain. Several apps exist, such as 'Headspace', which can guide you through this process. Mindfulness takes practice and time initially but can be a very useful tool to manage pain and stress.

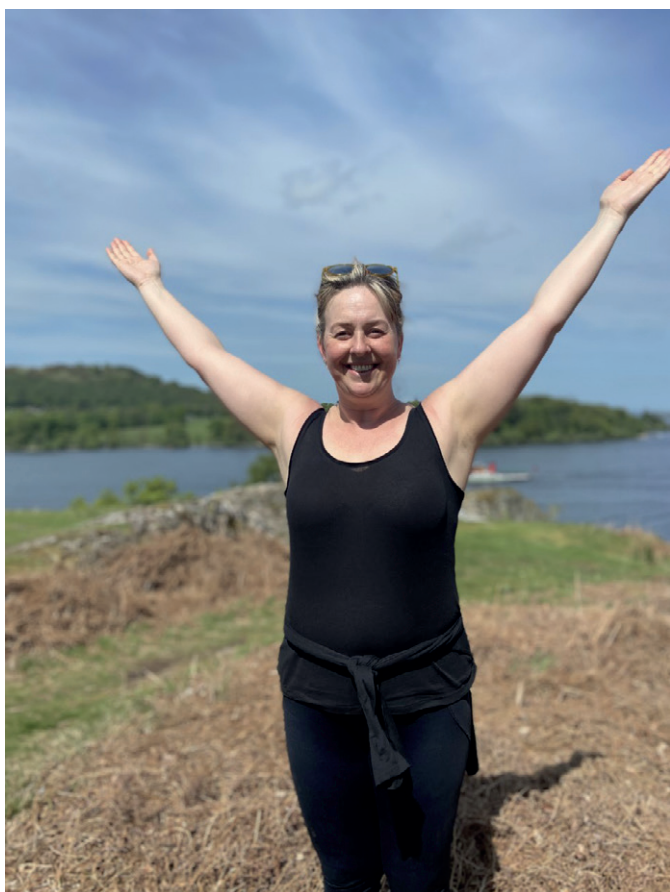
Lifestyle factors. Sleep, diet, hydration, smoking history, and alcohol consumption all play big parts in the prevalence and severity of LBP. Although you may not associate these factors with musculoskeletal pain, they all can influence your pain experience, healing rates and mental health. Be kind to yourself and your body will be kind to you.

A study investigating the use of preventive strategies, such as the examples above, revealed that Dentists that adopt these interventions have significantly fewer episodes of LBP (Mohseni-Bandpei et al, 2017). It has been shown that only 16% of Dentists that report LBP seek medical treatment (Shrestha et al, 2008) and there may be times when you need a little more help to manage LBP or other musculoskeletal issues. If you are struggling to cope with your symptoms seek assistance from a Physiotherapist today.

And Exhale.....

by Dr Claire Storey

It took me until I was 43 to really understand the importance of uniting my mind and body, and it is still an ongoing process of checking in with myself and refining my practice now. After all, it is not just living and surviving that are crucial, but it is the quality of that living, which is of the utmost importance.



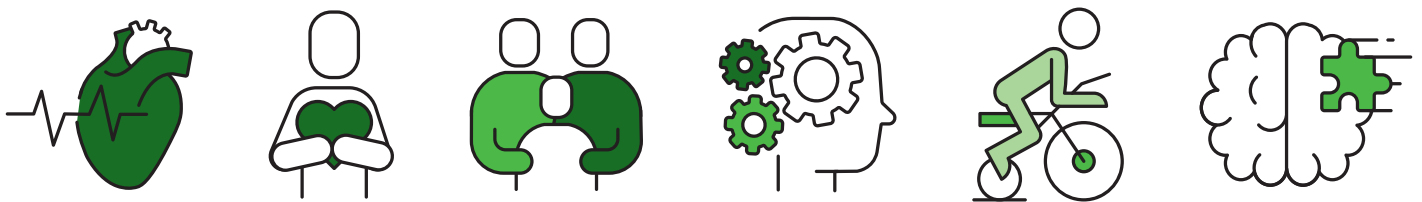
I have "dabbled" in yoga since my University days. Back then, like most, it was more the drive to get my leg behind my head and strike some impressive poses that captured my interest! But life doesn't always have a linear trajectory, it has its hurdles and obstacles, both physical and emotional, some more easy to overcome than others. I became increasingly aware of a need to self-care, to address anxieties in my personal and work-life and literally find the balance. Whilst trying to maintain my fitness commuting to work on bicycle in April 2021, I was knocked off my push bike by a car, sustaining some serious and potentially career-ending injuries. Yoga became more important to me at this point, fuelled by the need for self-directed physiotherapy, but also addressing some deeper-seated needs and anxieties I faced at this time. I attended more yoga sessions and finally qualified as a yoga teacher in June 2022, when I set up "Yoga Punks" in Sheffield. I am bringing it into the workplace to support holistic well-being for staff and patients. It has made me a better colleague, friend, parent and version of me.

Yoga not only has the physical elements that most of us associate with the practice, the asana, the physical poses, the Insta-worthy shots, but also has so much more to offer. The unification of the breath with movement is very powerful,

essentially allowing us to trick the body into switching off the “fight or flight” sympathetic nervous system response and soothing us into the parasympathetically stimulated state of “rest & digest”. Over time this lowers levels of the stress hormone cortisol, contributing to improved immune system, general health and positive mental health benefits. It can offer a medication-free method to become self-aware and equip us to deal with stress and develop a deep sense of peace and calm. The philosophy can also help act as a ‘moral compass’ of sorts. Let us also not forget the physical benefits of strength, flexibility and proper oxygenating breath. This has benefits for clinicians in and out of the surgery, and protects our joints and health, not only for longevity of practice, but also for comfortable, safe and enjoyable practice and our other hobbies outside of work, from running, climbing, music, and

being the best version of ourselves. It positively compliments it all! Not to mention, it has been excellent for keeping up with my three little rascals, whilst also protecting some valuable time for self-development and self-care. But I still have a way to go until I’ve mastered the one armed-handstand and splits!! We are all a work in progress.

Yoga can be transformational, and not only at the physical level. Eventually, it happens on and off the mat. Yoga is like a smorgasbord, you can take from it what you need at that time, like a “well-being buffet”. I literally bend, so that I don’t break! Anyone that can breathe, can do yoga. That sounds like you. If you want to enquire about individual, team or corporate events, please feel free to contact me at clairestorey148@gmail.com.



Educational Events – Save the Dates!

The British Dental Conference & Dentistry Show

12-13 May 2023

NEC Birmingham/Hall 5

British Dental Conference &
**Dentistry
Show**
Birmingham
12-13 May 2023 | NEC | Hall 5
birmingham.dentistryshow.co.uk

BSP – ECG Masterclass

“Aesthetic crown lengthening - A systematic way of treating Gummy Smiles”

19 May 2023

Birmingham Dental Hospital

 **BSP**
British Society of
Periodontology and
Implant Dentistry
ECG

BSP 2023 Annual Conference

“TEAMS - Working together for success”

11-13 October 2023

Birmingham

 **BSP**
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Implant Dentistry
CONFERENCE 2023



An interview with ... Dr Devan Raindi



1 What is your position in the BSP and what does this role involve?

I am currently the Secretary of the Early Career Group, taking up the position of Chair in 2023. My role has involved supporting the Chair in administrative duties, as well as pointing those who contact the ECG in the right direction for their own career development. I am also involved in organising ECG socials as part of the BSP Conferences.

2 What inspired you to be a dentist?

I didn't really think why I wanted to be a dentist at the time, aside from the usual interview answer of 'helping people'. As I've gone through my career, however, I've realised just how much I lucked out on my decision due to how much I love what I do and seeing first-hand the impact of what I do improving a patient's quality of life.

3 Where are you based during your working week?

I hold roles as a Specialist Periodontist in private practice in the West Midlands and London's West End. I also have an Honorary Contract with the University of Birmingham and help support research within the Periodontal Research Group.

4 Which aspect of your job do you most enjoy?

Being able to improve a patient's quality of life and seeing their confidence and health improve as a result of treatment. I also enjoy the fact that I have educational responsibilities and can contribute to fuelling a passion in others who are thinking of starting a similar career path.

5 What is the career highlight you are most proud of?

Passing my Specialist exams. It was the point where I stopped and reflected on my whole journey and the sacrifices I had made. I appreciated, with immense gratitude, my family and mentors who supported me to that stage of my career and continue to guide me.

6 If you could do any other job, what would it be?

I do like the idea of running a Pizzeria!

7 How do you spend your leisure time?

Going for country walks and eating nice food.

8 Do you have any pets?

Sadly no, but if I had the time, I would have a curly haired cockapoo!

9 What was the last thing you read in digital or in print?

Probably the Journal of Clinical Periodontology...

10 What is your favourite type of music?

Anything easy listening.

11 What has been your most memorable vacation and why?

A Christmas trip to New York where I braved a snowstorm just to get a famous Joe's Pizza (now you know where the Pizzeria idea comes from). It was worth it!





Demystifying NHS phased courses of treatment for Periodontitis

Dr Shazad Saleem & Prof Iain Chapple

Treating and managing periodontal diseases within NHS primary dental care is challenging due to the constraints within the current contract. Confusion is commonplace regarding the UDA claiming system and differentiation between what constitutes a band 1 or 2 claim. It is now widely acknowledged that the current dental contract fails to support evidence based contemporary periodontal care guidelines for periodontitis patients who engage in behaviour change and strive to improve their periodontal health.

The past five years has seen significant developments in periodontology, from the BSP's implementation of the 2018 classification system following the 2017 World Workshop, to the more recent S3 level treatment guidelines for stages I-III periodontitis, including updated terminology with a move to (supra and sub gingival) professional mechanical plaque removal (PMPR), and the S3 recommendations for treatment, rehabilitation, and maintenance of stage IV periodontitis for the UK in 2023. Conversely, NHS regulations have remained unchanged since 2006, with the current dental contract stating that a band 2 course of treatment for periodontitis can be claimed when *"non-surgical periodontal treatment including root-planing, deep scaling, irrigation of periodontal pockets and sub-gingival curettage and all necessary scaling and polishing"* have been performed [1]. The terms "root planing", "subgingival Curettage" and "scale and polish" are obsolete, reflecting the outdated protocols and approaches to periodontal care within NHS regulation.

The BSP have produced a glossary of terms in order to clarify and explain the old and contemporary terminology [2]. Consequently, there was a desperate need to produce clear guidance for clinicians working within the NHS

dental contract, in line with the current evidence base and international treatment guidelines. Providing clarity over UDA claiming around successive courses of treatment, as well as referral pathways to level 2 and 3 care, as set out in the commissioning standard for restorative dentistry [3]. Until recently, the Healthy Gums Do Matter toolkit [4] has aimed to address this disconnect by adopting a pragmatic approach to delivering high quality periodontal care, whilst working within current regulation.

The Avoidance of Doubt: provision of phased treatment (AOD) [5] document describes phased courses of treatment and was first published in 2018. It outlines the management of patients with a higher treatment need, who would not typically have accessed oral care within the previous 24 months, and who require multiple course of treatment. In 2021, a collaboration between the Office of the Chief Dental Officer (OCDO), the Business Services Authority (BSA) and the BSP produced a step change in periodontal management within the NHS. The updated AOD includes a well-defined pathway and UDA claiming structure for the management and treatment of periodontitis patients as set out in the accompanying BSP guidance (Fig 1) [6]. This aims to support dental teams to deliver higher quality periodontal care provision, that is more aligned with current evidence-based protocols, whilst working within the confines of the current contract as contract reform is being undertaken. The four steps of care as outlined in the S3 treatment guidelines for periodontitis [7] have now been mapped to courses of treatment in the current UDA contract. A clear pathway is provided for treating the engaging periodontitis patient, allowing for up to four courses of band 2 treatment over a twelve-to-fifteen-month period (Fig 1), at the end of which patients should either continue in supportive periodontal care (SPC) or may warrant a referral for level 2 or 3 care provision.

A strong emphasis has been placed on patient engagement for progression from step-1 through to step-2 of the

pathway. This allows more appropriate allocation of resources and funding towards those patients who are taking responsibility for, and engaging with, their own oral care. There is ample and robust evidence that treatment will be ineffective and ultimately fail unless it is supported by high standards of twice daily, self-performed dental plaque biofilm removal by committed patients. The schematic diagram shown in figure 2 clearly illustrates that step 1 of care is the foundation upon which successful treatment is built, with the largest reduction in the number of diseased sites arising with the successful implementation of step-1 of care. This is strongly supported by the literature with Preus et al. (2020) [8] showing a mean probing pocket depth reduction of 1.6mm in patients who had an oral hygiene intervention with an individually tailored oral hygiene regime. However, step 1 of care is challenging and reliant not only upon education, but patient behaviour change, motivation and engagement. All of which are time-consuming and onerous to deliver, yet ultimately lead to successful outcomes of treatment. The AOD pathway recognises this and therefore now allows for a band 2 claim (subject to fulfilment of the criteria [5]) for step 1 of care as well as a further one-off band 2 claim for a non-engaging patient on reassessment, in order to give dental teams adequate opportunity to establish patient behaviour change and engagement. Resources such as the HGDM patient agreement [9], periodontal information leaflet and consent form [10], and BSP leaflets [11] are available to support dental teams with step 1 of care. Whilst the pathway is heavily resource and time intensive in steps 1 and 2 of care, it aims to recover costs in steps 3 and 4, where the number of unstable sites should have reduced significantly in the engaging patient. Where this is not the case, there are now clear referral pathways into level 2 and 3 care provision if appropriate.

It is strongly recommended for clinicians working in NHS primary dental care to familiarise themselves with the updated AOD and accompanying BSP guidance: *"Delivering phased-care for periodontitis patients under UDA banding in England: Road map to prevention and stabilisation"*, both of which are available on the BSP website under publications section.

Fig 1

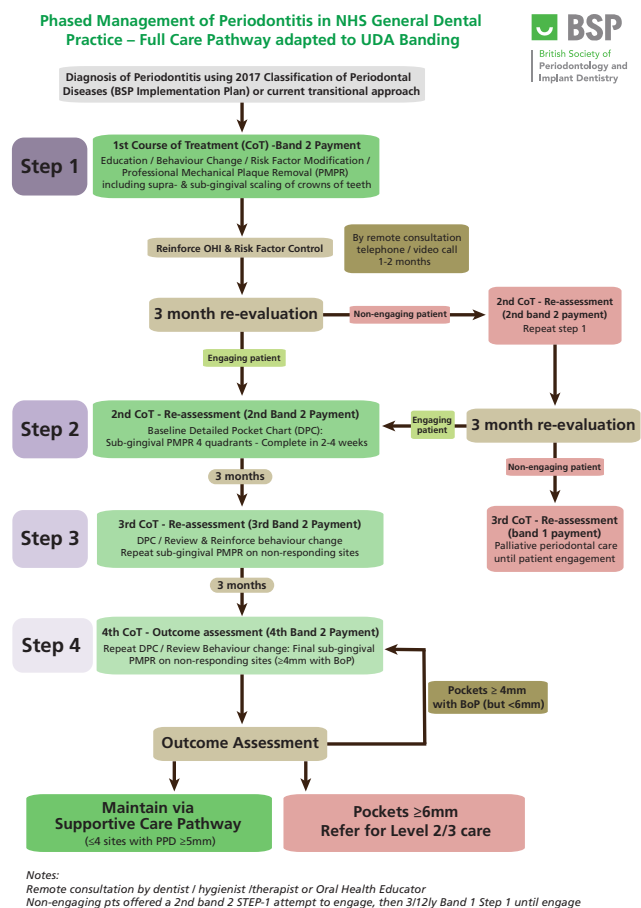
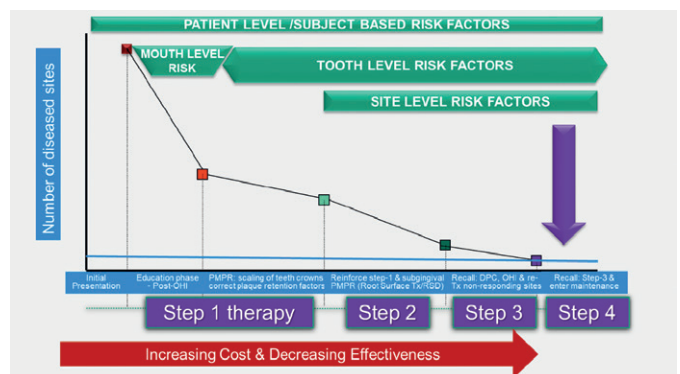


Fig 2



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- Free access to our Educational Webinar Programme
- Downloadable CPD certificates
- Reduced delegate rate for BSP Annual Conference
- Reduced delegate rate for BSP Masterclass Event
- Reduced delegate rate for EuroPerio11 Conference
- Online access to the Journal of Clinical Periodontology
- Eligibility for Awards and Prizes
- Opportunity to submit Case Studies
- Dedicated Early Careers Group and Undergraduate Group

Our members are a rich mix of perio specialists and trainees, GDPs, dental hygienists, dental therapists, postgraduates, undergraduates, nursing staff and dental technicians. The membership year runs from January to December, but you can join at any time. Membership rates are on our website and reduce as the year progresses, to reflect the shorter length of time remaining: www.bsperio.org.uk/professionals/join-the-bsp

Contact Paula Dunn, Executive General Manager,
for more information: admin@bsperio.org.uk.

BRITISH SOCIETY OF PERIODONTOLOGY



Dedicated to promoting public and professional awareness of periodontology and implant dentistry to achieve our vision of "Periodontal Health For a Better Life".