

Prisoner Learning Alliance Outstanding Individual

Health improvement practitioner Jenny Hunter has won an award for her work helping prisoners – including spreading the message about the importance of oral health.

Jenny was a winner in the Outstanding Individual category at the national Prisoner Learning Alliance awards after she was nominated by inmates at Shotts Prison.

She has created a group of seven peer educators to take the health message to the wider prison population.

Jenny, based at Law House, said: “I’m delighted to win the award. I’ve had a lot of support from the prisoners, particularly the peer educators, who have been trained on a range of topics, including oral health.

“They manned a stall promoting oral health at a prison health event and have also produced a healthy-eating recipe booklet for ingredients they can buy from the prison canteen. It highlights nutrition and cutting down on sugary drinks.”

Jenny was put forward for the award by three of the prisoners who are peer educators. They said: “Jenny is spreading and creating a positive message and working with prisoners to do that.”

The Prisoner Learning Alliance congratulated Jenny and said the awards recognise and reward people who go the extra mile to promote and encourage learning in prison.

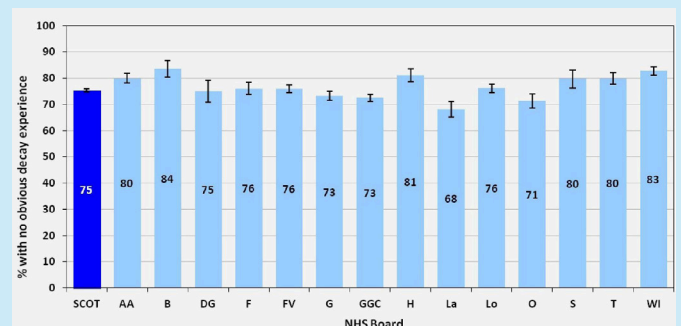


Jenny Hunter with the award certificate and the recipe booklet

The latest National Dental Inspection Programme (NDIP) report shows a continued improvement in the oral health of primary 7 (P7) pupils, but significant inequalities still exist. Across Scotland, 14,643 P7 children had a detailed inspection and the findings reveal that 75% now have no obvious decay experience. This is up from 73% in 2013 and from 53% in 2005.

However, the report also found that socio-economic inequalities still remain in Scotland, with the percentages for P7 children with no obvious decay ranging from 68% in NHS Lanarkshire to 84% in NHS Borders.

P7 children in Lanarkshire have the poorest dental health in the country with 32% of the children having decayed teeth compared with only 16% in the Borders. NHS Lanarkshire continues to support and encourage all dentists and dental care professionals working in the General Dental Service and the Public Dental Service to deliver the Childsmile Programme.

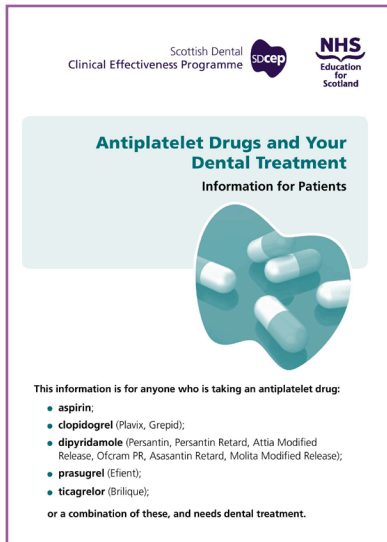


Percentage of P7 children in Scotland with no obvious decay experience in 2015; by NHS Board

The NDIP 2015 report is available at http://ndip.scottishdental.org/wp-content/uploads/2015/10/ndip_scotland2015-P7.pdf

Management of Dental Patients Taking Anticoagulants or Antiplatelet Drugs

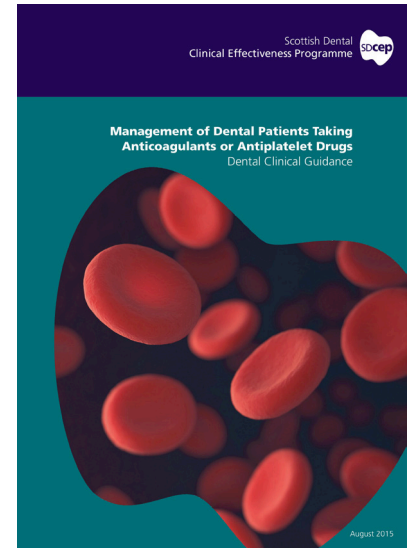
New dental clinical guidance on the management of dental patients taking anticoagulants or antiplatelet drugs was launched in September 2015. The guidance includes recommendations and advice to inform bleeding risk assessment and decision making for the treatment of patients prescribed anticoagulants or antiplatelet drugs. Information about the newer generation drugs as well as the more established medications is provided.



The guidance is aimed primarily at dentists, hygienists and therapists in primary care dental practice and will also be of relevance to the secondary care dental service, those involved in dental education and undergraduate trainees.

The new guidance, now available at www.sdcep.org.uk/published-guidance/anticoagulants-and-antiplatelets, comprises:

- The full Guidance document
- A summary Quick Reference Guide
- Supporting tools including patient information leaflets for each category of drug and post-treatment advice sheets



The guidance can be downloaded from

www.nhslanarkshire.org.uk/Services/Oral/Documents/orthodontic-referral-guidance.pdf

Orthodontic Referral Guidance

NHS Lanarkshire has recently developed an orthodontic referral guidance document for the general public.

The guidance explains that referrals should be made by the patient's dentist to either a specialist orthodontic practice or to the consultant-led hospital based orthodontic service. The document explains that treatment need is judged by the Index of Orthodontic Treatment Need (IOTN) criteria and how NHS treatment is approved and funded in specialist practice. The role of the consultant-led hospital based orthodontic service and the types of cases that will be accepted for treatment is also detailed in the document.

Strategic Vision for e-Dentistry

The Scottish Government Healthcare Quality and Strategy Directorate have issued PCA(D)(2015)7 setting out Scottish Government's strategic vision for e-Dentistry.

The ambitious programme for future work, grouped into three main phases of development, provides for "an e-Dental programme that will improve the assurance, governance, efficiency and information on quality of services".

The intention is that phase 1 will be completed by the end of 2018, and will mainly focus on 'business efficiency' measures. Phase 2 will include a range of other initiatives across the headings of 'clinical support', 'improvement support', 'patient empowerment', 'information sharing', 'mobile working', and 'data to support planning'.

A copy of the Strategic Vision for e-Dentistry can be downloaded from

www.sehd.scot.nhs.uk/publications/DC20151022eDentistry.pdf

Oral Cancer Recognition Toolkit



CANCER RESEARCH UK

BDA
British Dental Association

Cancer Research UK along with the British Dental Association have developed an oral cancer toolkit in order to support health professionals with identifying possible cases of oral cancer in patients.

The online toolkit – free to all dental health professionals – includes information on the signs to look out for, how to respond and possible risk factors. In addition, there is a detailed image library, a referral guide, case studies, examination videos and a CPD quiz.

With oral cancer early detection is vital with roughly a 90% survival rate compared to 50% with a delayed diagnosis. Dental health professionals along with the oral cancer recognition toolkit can therefore play a key role in detecting oral cancers early.

The toolkit is available for download from
www.doctors.net.uk/eClientopen/CRUK/oral_cancer_toolkit_2015_open

New Alcohol Guidelines

What's changing?

Drinkaware explains



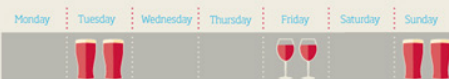
Unit guidelines are now the **SAME** for **men & women**. **BOTH** are advised **not to regularly drink** more than **14 units a week**

This is what 14 units looks like:



BUT don't 'save up' your 14 units, it's best to **spread evenly** across the **week**.

If you want to cut down the amount you're drinking, a good way is to have several **drink-free days** each week.



Note: 175ml 13% ABV wine and 4% ABV beer

If you're **pregnant** you **shouldn't** drink alcohol at all



Keep the short-term health risks low by:

- **limiting** the total amount of **alcohol** in **one session**
- **drinking** more **slowly**, alternating with **food** and/or **water**

The **new guidelines** have been set at a level to keep the **risk of cancers** or other diseases **low**.

Position Statement on e-cigarettes

A joint position statement on e-cigarettes was issued by the Scottish Directors of Public Health and Scottish Health Promotion Managers in December 2015.

It is available at

www.scotphn.net/wp-content/uploads/2015/12/2015_12_07-Final-Confirmed-e-cig-Joint-Position-Statement-SDsPHSHPMs.docx

This statement is based on the currently available evidence in relation to e-cigarettes. A useful summary of the current evidence base is available from NHS Health Scotland at www.healthscotland.com/documents/24383.aspx

London Charter on Oral Health Inequalities

The International Centre for Oral Health Inequalities Research and Policy was formed in 2013. Committed to tackling oral health inequalities within and between countries, academics and policy makers from 15 countries have formed a global network to explore the nature of oral health inequalities and inform policy recommendations.

London charter on oral health inequalities has recently been published and is available at

<http://jdr.sagepub.com/content/95/3/245>

New Childsmile Coordinator: Gillian Shaw

Gillian Shaw is the newly-appointed coordinator of Childsmile, the programme designed to improve children's oral health and reduce oral health inequalities.

She said: "I'm delighted to have this opportunity to coordinate Childsmile and continue to work with the fantastic team we have. I have been part of Childsmile in Lanarkshire for the last six years, latterly as team leader."

Gillian, who began her career as a dental nurse, was previously in practice in Glasgow and has worked in the public dental service for 14 years.

She will be visiting practices to provide some support and encouragement to continue to participate in the Childsmile programme.

Gillian added: "Childsmile Practice targets children from birth and promotes oral health improvement and prevention of decay through primary care dental services and local GDP practices.

"I'll also coordinate the Childsmile programme for nurseries and schools.

"We have spent the last couple of years making sure we provide the Childsmile programme to schools and nurseries in Lanarkshire. It offers toothbrushing and fluoride varnish to all the children involved.

"We have to maintain what we have achieved and move forward with developments such as targeting vulnerable areas where children may benefit from additional preventive care."



Caring for Smiles: a guide for families and friends

Caring for Smiles is a national programme that provides oral care training for care home staff to ensure they know how to look after the oral health of their residents.

A new booklet has been developed for family members and close friends of people living in care homes who depend on carers to look after their oral health.

It is available at

www.healthscotland.com/documents/26036.aspx

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www.nhslanarkshire.org.uk/Services/Oral/Pages/KeepLanarkshireSmiling.aspx