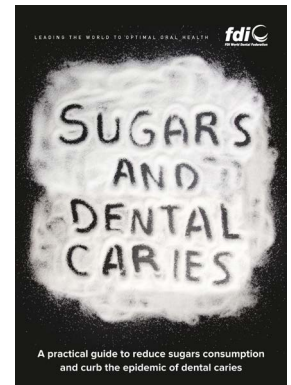


## Sugar and Caries Toolkit

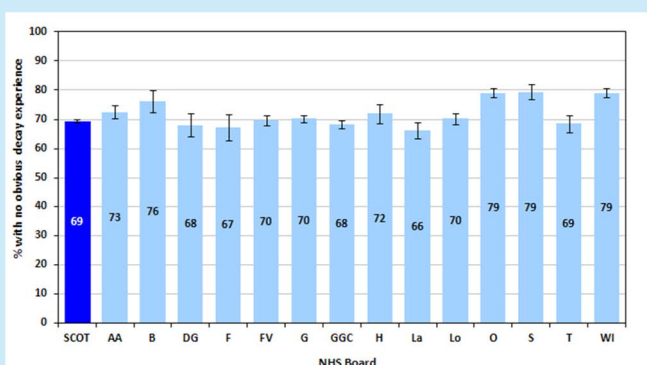
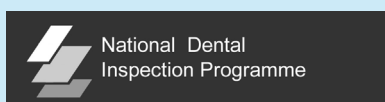
FDI World Dental Federation published *Sugars and Dental Caries – A practical guide to reduce sugars consumption and curb the epidemic of dental caries* in December 2016.

The guide provides an overview on the issue and addresses the global challenge of reducing sugar consumption and useful information on sugars and its effects on oral health. The aim is to support member associations in establishing and implementing goals to achieve sustainable policies to reduce intake of free sugars. Measures suggested include promoting education campaigns, increase taxes and restrict advertising.

The guide supports the recommendations made in the *Guideline: Sugars intake for adults and children* published by the World Health Organization which states that sugar intake should make up less than 10 percent of total energy intake per day – and less than 5 percent (roughly 25 grams or 6 teaspoons) for additional health benefits.



The guide is available at [www.fdiworlddental.org/resources/toolkits/sugars-and-dental-caries](http://www.fdiworlddental.org/resources/toolkits/sugars-and-dental-caries)



Percentage of P1 children in Scotland with no obvious decay experience in 2016; by NHS Board.

The National Dental Inspection Programme (NDIP) is carried out annually and its principal aims are to inform parents/carers of the oral health status of their children and advise the Scottish Government, NHS Boards and other organisations concerned with children's health of oral disease prevalence at national and local levels. This ensures that reliable oral health information is available for planning initiatives directed towards health improvements.

The 2016 NDIP report contains details on the results of the *Detailed Inspection* of P1 school children and the *Basic Inspection* of both P1 and P7 in school year 2015/16. The report is available at

<http://ndip.scottishdental.org/wp-content/uploads/2016/10/2016-10-25-NDIP-Report.pdf>

While the oral health of P1 children in Scotland is slightly better than in 2014 the oral health of P1 children in Lanarkshire has worsened. In Lanarkshire, children in both P1 and P7 are bottom of the table and have the lowest percentage of teeth with no obvious decay experience

Clear health inequalities remain and it is now more important than ever that the Childsmile Programme continues to be supported, refined and implemented within General Dental Services and the Public Dental Service.

# antibiotics **DON'T** cure toothache!

Antimicrobial resistance is a global problem that leads to antibiotics no longer being effective in treating even simple infections. Dentists have a vital role to play in keeping antibiotics working by prescribing them only when necessary. The Faculty of General Dental Practice (UK) is supporting dentists to play their part and has produced evidenced based guidance, *Antimicrobial Prescribing for General Dental Practitioners*, to help dentists decide when antibiotics are, and are not, required.

[View FGDP \(UK\) guidance online](#)

FGDP (UK) recommends that dentists regularly audit their use of antimicrobials and review their overall management of dental infections. Audit helps them fulfil their professional responsibility to prescribe only when appropriate and provides evidence that they have done so. The new self-audit tool for dentists, developed in conjunction with the British Dental Association and Public Health England, is an easy way to measure their practice against the guidance and identify, implement and sustain any necessary changes.

[Download the tool](#)

'Antibiotics don't cure toothache' poster and patient information leaflet, which aims to help patients understand that dental care is in most cases a more effective treatment for dental pain and infections than antibiotics.

[Download the poster](#)

[Download the patient information leaflet](#)



## Emergency Dental Box 2017 Update

Following changes to the British National Formulary's guidelines for the management of medical emergencies in dental practice, Tayside Pharmaceuticals has updated the Dental Emergency Kit that it supplies to dentists across Scotland.

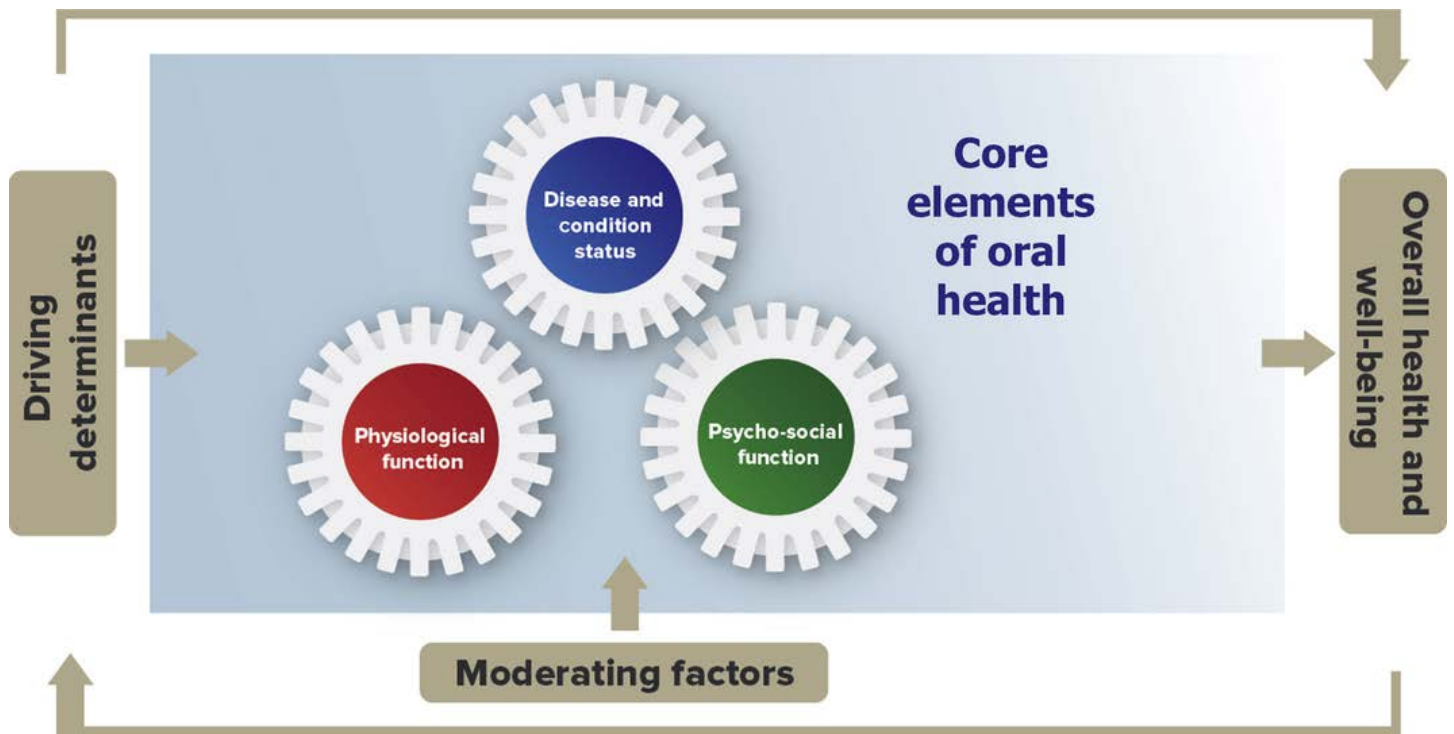
The change involves the removal of Midazolam 10mg/2ml ampoules which previously could be administered by the buccal route, and replaced by Midazolam Oromucosal Solution (Buccolam).

As dental practices have only recently received new boxes, it is proposed that new boxes are introduced when the existing box expires.

More information is available at

[www.scottishdental.org/wp-content/uploads/2017/02/20170216\\_Tayside-Pharmaceuticals-medical-emergencies-dental-box-info-2017.docx](http://www.scottishdental.org/wp-content/uploads/2017/02/20170216_Tayside-Pharmaceuticals-medical-emergencies-dental-box-info-2017.docx)

# New Definition of Oral Health



On 6 September 2016, a new definition of oral health was approved by the FDI World Dental Federation. The definition, together with a new companion framework, creates an opportunity for the profession to reflect on what oral health encompasses and what the implications are of this definition.

Traditionally, oral health has been defined as the absence of disease. This definition fails to account for a person's values, perceptions and expectations. Existing definitions of oral health mostly lack a theoretical framework that can be used to address all of the domains and elements that are part of oral health. The key components of this broad definition are inclusion of the full range of activities that involve the craniofacial complex, a focus on oral health as a component of health, and the importance of oral health for achieving good quality of life.

The new definition as defined by the FDI World Dental Federation:

Oral health is multi-faceted and includes the ability to speak, smile, smell, taste, touch, chew, swallow and convey a range of emotions through facial expressions with confidence and without pain, discomfort and disease of the craniofacial complex.

Further attributes related to the definition state that oral health:

- is a fundamental component of health and physical and mental well-being. It exists along a continuum influenced by the values and attitudes of people and communities;
- reflects the physiological, social and psychological attributes that are essential to the quality of life;
- is influenced by the person's changing experiences, perceptions, expectations and ability to adapt to circumstances.

Alongside the new definition, a companion framework was developed to describe the complex interactions among the three core elements of oral health, a range of driving determinants, moderating factors and overall health and well-being.

More information is available at

[www.fdiworlddental.org/oral-health/vision-2020/fdis-definition-of-oral-health](http://www.fdiworlddental.org/oral-health/vision-2020/fdis-definition-of-oral-health)



# Laura gets her teeth into top dental services role

NHS Lanarkshire are delighted to have appointed highly-experienced dental practitioner Dr Laura Milby to the role of clinical director of general dental services.

Laura, who lives in Cumbernauld has worked in dentistry for over 30 years, 25 years in Lanarkshire and is a dental partner in Kilsyth. She will provide leadership on general dental services, which are provided to the NHS by independent dentists. She will also contribute to and promote the improvement of the overall quality of care in general dental practice and support and advise general dental practitioners and practice teams.

She said: "I'm delighted to have joined the fantastic dental team at NHS Lanarkshire. I will be working closely with my colleagues in the public dental service and the primary care team to ensure the oral health of people in Lanarkshire is the best it can be."

She added: "One of my initial tasks will be to study the outcome of a Scottish Government consultation on oral health, which has just concluded."

The consultation, Scotland's Oral Health Plan, outlined challenges around oral health inequalities, an ageing population and how to shift the emphasis from restorative dentistry to a more preventive approach.

Laura's newly-titled role replaces that of dental practice advisor, a post previously held by Kieran Watters, who has now retired.

## New Head and Neck Cancer Guideline

A new national clinical guideline, *Predicting and Managing Oral and Dental Complications of Surgical and Non-Surgical Treatment for Head and Neck Cancer*, has recently been published with the support and approval of Association of Consultants and Specialists in Restorative Dentistry, ENT UK, British Association of Oral and Maxillofacial Surgeons, British Association of Head and Neck Oncologists, British Association of Head and Neck Oncology Nurses, Royal College of Speech and Language Therapists and British Dietetic Association.

The guideline is available at

[www.restdent.org.uk/uploads/RD-UK%20H%20and%20N%20guideline.pdf](http://www.restdent.org.uk/uploads/RD-UK%20H%20and%20N%20guideline.pdf)



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[www.nhslanarkshire.org.uk/Services/Oral/Pages/KeepLanarkshireSmiling.aspx](http://www.nhslanarkshire.org.uk/Services/Oral/Pages/KeepLanarkshireSmiling.aspx)