

Oral Health Improvement Plan

The Scottish Government recently published the new Oral Health Improvement Plan. The Plan sets out a new preventive system of care to assess patients based on risk and address the link between deprivation and ill-health. It will see the introduction of personalised care plans, which focus on lifestyle choices including diet, alcohol and smoking, and how these impact on health.

Among its recommendations, a new scheme is proposed to meet the needs of the ageing population, enabling suitably skilled practitioners to treat people cared for in their own homes.

A Community Challenge Fund for three years will allow organisations including the third sector to bid for funding to work in deprived communities and support people to practise better oral health.



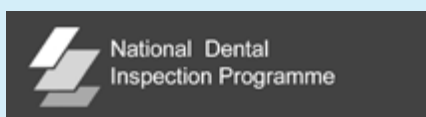
Health Secretary Shona Robison said:

“The Oral Health Improvement Plan will support the profession to spend more time on what they do best – providing excellent care for patients who need it most.

“We will reach out beyond dental practices to support communities to find innovative ways to support people lead healthier lives – particularly in deprived areas or among older people.”

The Oral Health Improvement Plan is available at www.gov.scot/Publications/2018/01/9275

A short guide to the Oral Health Improvement Plan is also available at www.gov.scot/Publications/2018/01/3612



The annual National Dental Inspection Programme (NDIP) assesses the oral health status of children on entry into Local Authority schools (Primary 1) and prior to the move to secondary education (Primary 7). The results of these dental inspections inform parents of the dental health of their children as well as provide information on oral disease prevalence at local and national levels.

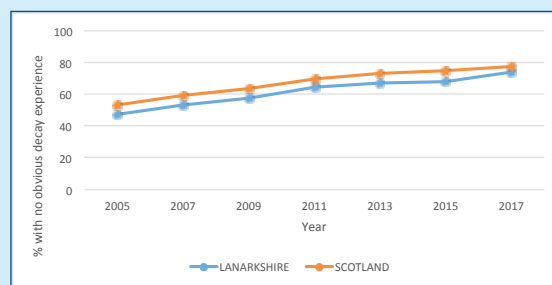
A detailed inspection is carried out on a representative sample of Primary 1 or Primary 7 children in alternate

years, and it is the results of these inspections which are documented in the annual NDIP report. These reports are accessible at <http://ndip.scottishdental.org>

In the school year 2016/2017, this detailed inspection was carried out for Primary 7 children and the report was published in October 2017. In 2016/2017 the percentage of pupils in Lanarkshire with no obvious decay experience in their permanent teeth was 74.1%. This represents a 6% increase from the last survey in 2015 and is the largest improvement we have had since 2011. Whilst Lanarkshire still sits below the national

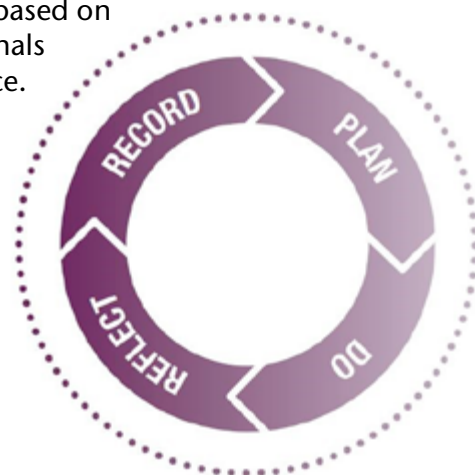
average of 77.1%, encouragingly the gap between Lanarkshire and some of the other mainland NHS Boards does appear to be narrowing. The figure below shows the progress made in Lanarkshire and in Scotland as a whole over the last 12 years.

Trends in the percentage of Primary 7 children with no obvious decay experience



Enhanced Continuing Professional Development (ECPD)

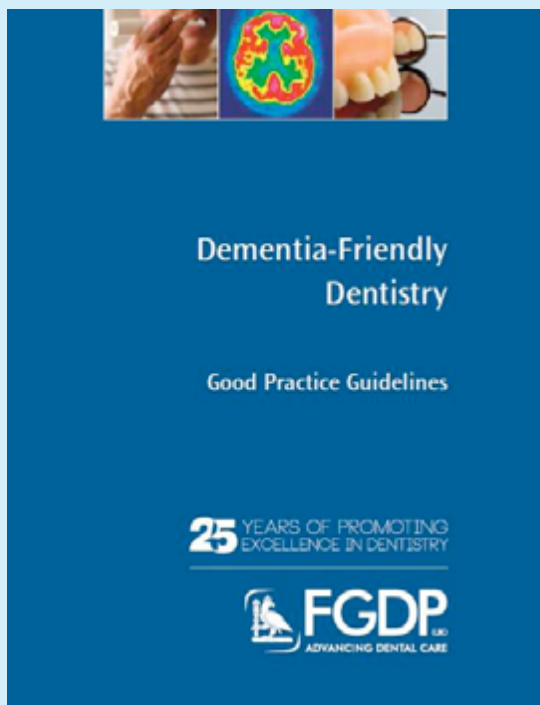
ECPD is the first step in a longer-term reform of CPD to move to a system based on quality of CPD activity rather than quantity. ECPD will empower professionals to embark on life-long learning, which can be embedded into their practice. Patients will also benefit from being treated by dental professionals with up to date knowledge and skills. The changes include the introduction of a personal development plan (PDP) for each member of the dental team. This is a tool that professionals can use to support their CPD and aid further development, whilst also recording the details of CPD activity with corresponding learning outcomes. There are also changes to the number of hours that dental professionals must complete during a cycle and a new requirement to make an annual declaration of the number of CPD hours completed each year. The changes started in January 2018 for dentists and will take place in August 2018 for dental care professionals.



The General Dental Council (GDC) has published a series of guidance documents and templates for dental professionals and CPD providers to support the launch of ECPD.

The new support materials are available at www.gdc-uk.org/professionals/cpd/enhanced-cpd

Dementia-Friendly Dentistry



With the number of people living with dementia in the UK currently estimated at 850,000, primary care dental teams are encouraged to consider ways they can improve support and care for this growing patient group.

Dementia-Friendly Dentistry: Good Practice Guidelines offers clear, evidence-based and practical information on a range of areas, including:

- The epidemiology and diagnosis of dementia, and its implications for dental professionals.
- Principles of care management, including patient identification, competence and referrals, communication, consent and capacity.
- Clinical care, including history taking, treatment planning, care delivery and prescribing.
- Site-specific considerations for dental practices, care homes and domiciliary care.

The new book, published by the Faculty of General Dental Practice (UK), also signposts readers to local support, educational programmes and resources for patients, and contains over 50 recommendations for practitioners, categorised using the Faculty's 'ABC' (Aspirational, Basic, Conditional) grading system.

It is available at www.fgdp.org.uk/publication/dementia-friendly-dentistry

Sugars and dental caries

The World Health Organization published a technical information note on *Sugars and dental caries*.

Dental caries is a major public health problem globally and is the most widespread non-communicable disease. It is also the most prevalent condition included in the 2015 Global Burden of Disease Study, ranking first for decay of permanent teeth (2.3 billion people) and 12th for deciduous teeth (560 million children).

Population-wide strategies to reduce free sugars consumption are the key public health approach that should be a high and urgent priority. Dental caries is the result of lifelong exposure to a dietary risk factor (i.e. free sugars), so even a small reduction in the risk of dental caries in childhood is of significance in later life. Therefore, to minimise lifelong risk of dental caries, free sugars intake should be as low as possible.

The technical information note is available at www.who.int/nutrition/publications/nutrientrequirements/sugars-dental-caries-keyfacts

E-cigarettes Consensus Statement

E-cigarettes have become increasingly popular. There is still a lot we do not know about e-cigarettes. They are not risk free, but based on current evidence, they have a much lower risk than tobacco even though they contain the addictive substance nicotine. It would be better for health if smokers used them instead of smoking tobacco but not in addition to smoking tobacco.

E-cigarettes are useful as a potential route towards stopping smoking.

NHS Health Scotland has two key messages:

1. To smokers we should say: whether or not you use e-cigarettes, try stopping smoking for the sake of your health and wellbeing and those around you. There is lots of help at hand to help you quit.



2. To health professionals we should say: when smokers come to you, advise them about the different ways they can quit and which are most effective. Expert support and medicinal treatments such as nicotine replacement therapy have the strongest evidence

base to help people stop smoking.

The consensus statement is available at www.healthscotland.scot/publications/e-cigarettes-consensus-statement

Please note NHS Lanarkshire's No Smoking Policy does not allow e-cigarettes to be used on NHS premises or grounds. This position will be reviewed as more evidence becomes available.

New Clinical Director for Public Dental Service



Anne Moore, the new Clinical Director for the Public Dental Service for Lanarkshire

NHS Lanarkshire now has a new clinical director for the Public Dental Service.

Anne Moore, was permanently appointed to the role in January 2018 after being in the position in an 'acting' capacity.

Anne qualified with a Bachelor of Dental Surgery degree from the University of Glasgow in 1984. She then worked in both the hospital service and general dental practice for a number of years.

In 1995 she joined NHS Lanarkshire as a dental officer and went on to complete a master's degree in Public Health in 2001 and was appointed to a senior dental officer post in 2002.

Anne is involved in the care and treatment of special care patients within Lanarkshire and joined the General Dental Council's specialist list in this field of work in 2012.

Speaking of her appointment, Anne said: "I feel very proud and honoured to have been appointed as clinical director for a service which delivers such great care for the most vulnerable patients within Lanarkshire.

"My plans for the future are to further develop our service and strengthen our links with our social care partners, to ensure we continue to deliver the highest quality care for our patients and the population of Lanarkshire through our excellent prevention and clinical teams."

Meet the Experts

A new campaign from NHS Lanarkshire is encouraging people to visit their local health care experts for advice and treatment – without the need to visit a GP or emergency department. *The Meet the Experts* campaign showcases all the services you can turn to when you're ill.

Dentistry was one of six campaign videos which had a light hearted 'super hero' approach to capture interest, raise awareness of and engender trust in the range of healthcare experts accessible. Motherwell based dentist David McIntyre agreed to be filmed in his practice for the dental element of the video and poster campaign.

The dental video is available via

www.youtube.com/watch?v=Ksc8XM26AZs
<https://vimeo.com/245731103/598a231af4>



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Find out more at www.nhslanarkshire.org.uk



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