

Keep Lanarkshire Smiling

September 2017

Smile4life Better Oral Care

Smile4life 

Better oral care



Key messages

Oral health includes the whole mouth – teeth, gums, tongue and lips. Good oral health will help you to eat, speak and socialise without pain, discomfort or embarrassment, and will also improve your overall health and wellbeing.

Avoid sugary snacks and drinks between meals.

Brush teeth twice a day with a fluoride toothpaste.

Visit a dentist regularly – at least once a year or as recommended by your dentist. Take a family member or friend with you if you feel nervous, and tell staff how you are feeling.

Smoking and drinking alcohol greatly increases the risk of mouth and throat cancer.

3 steps to good oral health

step 1  **Toothbrushing:**
Clean your teeth thoroughly twice every day with a fluoride toothpaste.

step 2  **Diet:**
Try to keep sugary foods and drinks to mealtimes only.

step 3  **Regular dental visits:**
Visit the dentist at least once a year.

A guide to better oral care for homeless people has recently been revised by NHS Health Scotland. The Smile4life leaflet is available at

www.healthscotland.com/documents/26813.aspx

Conscious Sedation in Dentistry



The Scottish Dental Clinical Effectiveness Programme (SDCEP) has recently launched the third edition of dental clinical guidance *Conscious Sedation in Dentistry*. This guidance aims to promote good clinical practice through recommendations for the safe and effective provision of conscious sedation for dental care.

The guidance has been subject to a thorough update using SDCEP's

National Institute for Health and Care Excellence accredited methodology, taking into account specific developments since it was first published in 2006. This has included communication with the Intercollegiate Advisory Committee for Sedation in Dentistry (IACSD) regarding the IACSD Report, published in 2015.

The updated *Conscious Sedation in Dentistry* guidance is available at

www.sdcep.org.uk/published-guidance/sedation

Wrong Site Dental Extraction



Wrong site dental extraction is a 'Never Event'.

To prevent wrong site tooth extraction, a toolkit has been created as an NHS Local Safety Standard for Invasive Procedures (LocSSIPs).

This toolkit is aimed at all clinical dental teams involved in dental extractions. It gathers together recommendations regarding the development of safety standards in the NHS to minimise the risk of wrong site surgery in all dental settings, focusing on the issue of wrong tooth extraction.

The toolkit is available at

www.improvement.nhs.uk/uploads/documents/LocSSIPs_Toolkit_Dental_extraction_g2f9uIC.pdf

Retirement of Mike Devine

On 30 June 2017 Mike Devine retired from his post as Director of the Public Dental Service in Lanarkshire. Mike's Lanarkshire career began in 1995 when he became our first Senior Dental Officer in Special Care, becoming Director in 1999. Mike has led and developed our forward looking Public Dental Service committed to delivering high quality and compassionate care to our patients by improving the oral health of the most vulnerable groups in our community.

In his retirement Mike intends to enjoy travelling both to visit family and explore areas of architectural and historical interest and also develop his great interest in latte art, at which he is becoming very skilled!



Picture taken at Mike's retirement dinner.



Let's Talk About Mouth Cancer



The *Let's talk about mouth cancer* leaflet, produced with the Scottish charity Let's Talk About Mouth Cancer, raises awareness of mouth cancer for people who are not able to check their own mouths for signs. It contains instructions for staff

working in care home settings on how to check people's mouths for signs of cancer.

The leaflet is available at

www.healthscotland.com/documents/29366.aspx

Drug Prescribing For Dentistry 2017 Update

SDCEP released an update to the third edition of its *Drug Prescribing For Dentistry* guidance in June 2017.

SDCEP's *Drug Prescribing For Dentistry* is periodically amended to reflect updates from the *British National Formulary* (BNF) and the *BNF for Children* (BNFC).

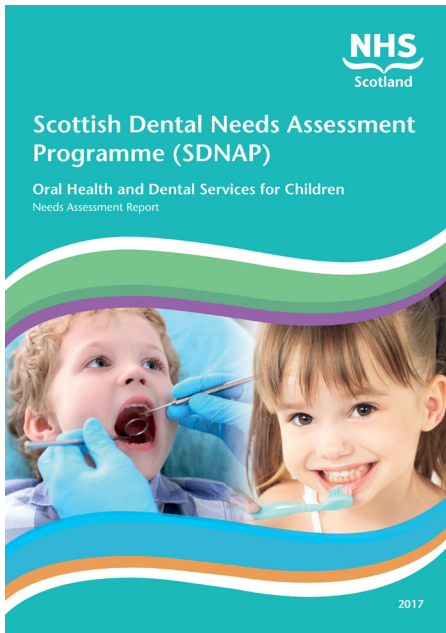
The update includes information on amendments to the latest edition of the *British National Formulary* (BNF 73) which was published in March 2017, including changes to the recommended adult dose of metronidazole. The circumstances in which it is appropriate to prescribe metronidazole are described within the *Drug Prescribing For Dentistry* guidance. These remain unchanged and local measures should be used to manage patients in the first instance.

The update guidance is available at

www.sdcep.org.uk/wp-content/uploads/2017/06/SDCEP-Drug-Prescribing-Ed-3-Update-June-2017.pdf



Oral Health and Dental Services for Children



In March 2017, the Scottish Dental Needs Assessment Programme launched its latest report on *Oral Health and Dental Services for Children*. The report was undertaken to assess the current service provision and to highlight the workforce required to sustain the service.

The report takes into account concerns that the age profile of paediatric-experienced dentists in Scotland indicates a significant number will be lost from the service and from the General Dental Council specialist list over the next five to ten years. Furthermore, the current financial climate can mean that clinical staff and experienced staff trained in providing dental care for children, are not being replaced when they retire or move posts. It also confirms that inequalities still exist in relation to social and geographical factors such as deprivation, accessibility to services and spread of population in rural Scotland. These factors should therefore be taken into consideration when planning oral health services.

A copy of the report is available at

www.scottishdental.org/wp-content/uploads/2017/03/SDNAP_Oral-Health-Dental-Services-for-Children-2017.pdf

High Strength Fluoride Toothpaste

High Strength Fluoride Toothpaste (HSFT) should only be prescribed on a short term basis and subject to regular review by a dental practitioner.

Those with an increased risk of dental caries who exhibit active disease or significant factors predisposing them to dental caries (e.g. dry mouth or additional needs) may benefit from the use of HSFT which can be prescribed by a dental practitioner.

An alternative to prescribing HSFT may be to increase the frequency of brushing with 1350-1500 ppm F⁻.

Two variants of HSFT are available for prescription under the NHS: 2800 ppm F⁻ and 5000 ppm F⁻.

When prescribing HSFT, 2800 ppm F⁻ should be used initially unless the level of clinical need is very high. Based on currently available dispensing packaging, prescribing 2800 ppm F⁻ may offer the most cost effective method of prescribing additional fluoride.

The risk of fluoride toxicity should be considered in patients prescribed HSFT. This is especially important in patients with a compromised swallowing ability.

More information on the use of fluoride toothpaste and fluoride supplements is available at

www.scottishdental.org/wp-content/uploads/2017/03/FluorideRecommendation-Paper_2017.pdf



New Dental Adviser for SPSO

Albert Yeung, Consultant in Dental Public Health at NHS Lanarkshire, has been appointed as one of the professional dental advisers for Scottish Public Services Ombudsman from April 2017.

SPSO Scottish
Public
Services
Ombudsman

New Consultant Orthodontist David Cross



Hairmyres Hospital recently welcomed a new part-time consultant orthodontist.

Dr David Cross, who is also a part-time senior lecturer in Orthodontics at the University of Glasgow, joined the team in March 2017.

David graduated from the University of Edinburgh in 1988, with the William Guy medal for Oral Surgery and the Baron van der Heyden de Lancey award for the best student in the year. He was awarded a Medical Faculty Research Fellowship from the University of Edinburgh in 1990, to study Oral Microbiology and Periodontology in HIV patients. He was awarded a PhD from the University of Edinburgh in 1994.

David began specialty training in Orthodontics in 1994 at the Victoria Hospital, Kirkcaldy and the Edinburgh Dental Institute. He was awarded a Doctor of Dental Surgery (DDS) in 1998. He then returned to the Glasgow Dental Hospital as a senior registrar and completed his higher specialist training in 2000. Since his appointment at the University of Glasgow in 2001, he has been continuously developing the undergraduate orthodontic curriculum.

He is also President-elect of the West of Scotland British Dental Association (BDA), Vice Chair of the Scottish Council of the BDA and Chair of the BDA Oral Cancer Awareness Group.

Medication-related Osteonecrosis of the Jaw

New dental clinical guidance *Oral Health Management of Patients at Risk of Medication-related Osteonecrosis of the Jaw* has recently been launched by SDCEP.



The guidance provides recommendations, advice and information to help dental practitioners manage the routine dental care of patients prescribed drugs associated with medication-related osteonecrosis of the jaw (MRONJ). This guidance is an update to the previous SDCEP *Oral Health Management of Patients Prescribed Bisphosphonates* guidance.

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

The guidance aims to support the dental team:

- to assess a patient's individual MRONJ risk level;
- to optimise the patient's oral health during the initial phase of drug treatment;
- to continue to provide routine dental care for this patient group in the primary care setting.

Management of these patients can be carried out successfully in primary care setting.

The full guidance is available at

www.sdcep.org.uk/published-guidance/medication-related-osteonecrosis-of-the-jaw

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