

Mouth cancer infomercial

NHS Lanarkshire's health improvement department has produced a new infomercial, aimed at young people, to highlight the importance of regularly checking your mouth and looking out for the signs and symptoms of mouth cancer. Unfortunately, mouth cancer rates are rising in young people, and in Scotland, mouth cancer rates are double those seen in England and Wales.

The infomercial, developed in partnership with the Coatbridge Peer Education Group and Community Learning and Development, North Lanarkshire, provides useful information for young people on how to lower the risk of getting mouth cancer. The new resource was funded by the Ben Walton Scholarship and Development Grant hosted by The Royal College of Physicians and Surgeons of Glasgow.

Heather Meechan, a member of the Coatbridge Peer Education Group, said: "We weren't aware of mouth cancer and wanted to get involved to raise awareness. We've learned about the important issue of mouth cancer and the animation gives great advice on how to cut down on the risk."



Front row (from left): Coatbridge peer educators Eva Findlay, Cathryn O'Neill and Heather Meechan.

Back row (from left): youth workers Kimberley Honeyman and Kirsty McKenny; youth work senior Amy Reynolds, North Lanarkshire Council and Susan Lyttle, senior health promotion officer (oral health), NHS Lanarkshire

Most people have heard of cancer affecting parts of the body such as the lungs or breast. However, cancer can appear in the mouth, where the disease can affect the lips, tongue, cheeks and throat. Research has shown that mouth cancer is becoming more common in young people.

Signs can include:

- ulcers that don't heal after a few weeks;
- red and white patches; and
- any unusual lumps or bumps in the mouth or neck.

As well as looking out for the signs and symptoms, the infomercial also encourages young people to practise some risk lowering behaviours such as getting to know their mouth through self-examination, not smoking, watching what they drink and practising safer sex. Importantly, it encourages young people to go and see a dentist if they are worried.

Susan Lyttle, senior health promotion officer (oral health), said: "I think the young peer educators have done an amazing job. I'm very impressed with the animation and hope it raises awareness among young people on how to protect themselves and lower their risk of mouth cancer."

The infomercial is available at: www.nhslanarkshire.scot.nhs.uk/mouth-cancer-awareness

The YouTube link is: <https://youtu.be/sXvY0Vh5SQ0>

The Vimeo link is: <https://vimeo.com/347315891>

For more information, visit: bit.ly/mouthCancer

Animation on how to spot the signs and lower your risk of mouth cancer



Lifetime achievement award – Laura Milby

Laura Milby, NHS Lanarkshire’s clinical director of general dental services, was awarded the Local Dental Committee Lifetime Achievement Award at this year’s Scottish Conference of Local Dental Committees held at Stirling Court Hotel on Friday 26 April.

Laura was nominated by the Lanarkshire Local Dental Committee (LLDC) in recognition of the significant contribution and service she has given to the LLDC over the years.

Laura said: “I’m absolutely delighted to be recognised in this way. As a dental professional, I’m passionate about good oral health and have relished the opportunity to make a contribution in Lanarkshire.

“I’ve also had the support of the committee and a great team at NHS Lanarkshire.”

Laura first became involved in the LLDC when she attended its annual general meeting on 26 April 2004. Following her valuable and active contribution to its business, Laura was thereafter formally voted on to the committee. In 2008, Laura became vice chair until 2011 when she served a distinguished three-year term as the first female chairman – the first woman to do so in the history of the LLDC.

Laura’s contribution to committee life has been exceptional. She has been hugely enthusiastic, proactive, encouraging of others and above all incisive, quickly getting to the nub of tricky issues.

Laura’s greatest legacy to the committee was being instrumental in the LLDC starting to run its own CPD events in 2009, as a service to Lanarkshire practitioners to raise the profile of the LLDC and boost its funds. Since the introduction of CPD events, more than £12,000 has been raised in this way.

Laura resigned from her role as chair of the LLDC in 2016 when she was appointed NHS Lanarkshire’s clinical director of general dental services. Laura continues to attend meetings of the Lanarkshire Area Dental Committee GP Sub Committee where she provides a valuable insight into important matters affecting local dental practitioners.

Laura was presented with her award by David McIntyre, chair of the Scottish Conference of Local Dental Committees.



L-R: Chair Elect Judith Brady, Chair of Conference David McIntyre and Laura Milby

Amalgam dental fillings: action plan

An action plan to reduce the use of dental amalgam has been published by the Scottish Government as part of a UK-wide response to a European Union (EU) directive on reducing mercury in the environment.

The UK has a duty under EU Regulation 2017/852 on Mercury (Article 10 (3)) to develop national plans to phase down the use of amalgam in dentistry. Scotland has already taken action with the introduction of new restrictions on 1 July 2018.

Clinical best practice guidelines highlighting alternatives to amalgam are supported by the Scottish Dental Clinical Effectiveness Programme. The guidance has been made available to all dental teams in Scotland and covers expectant/new mothers and those under 15 years of age.

Tom Ferris, chief dental officer (interim) in Scotland, said: “We are committed to an approach that is both good for the environment and ensures that patients and practitioners are able to access the best care.

“Through the measures outlined in moving to a preventive model of care, the government believes that oral health outcomes will improve and a phase-down of amalgam usage will be a key outcome, as disease prevention and alternative materials improve.”

Details of the action plan are available at: www.gov.scot/publications/amalgam-dental-fillings-action-plan



Open Wide – A guide for trainers

In 2012 the Scottish Government published the *National Oral Health Improvement Strategy for Priority Groups*.

The groups include people with additional care needs, frail older people and people experiencing homelessness.

The strategy identified the need to develop new oral health promotion packages and dedicated services for people with additional care needs.

By adopting the common risk factor approach, it is possible to improve oral health and tackle poor diet, smoking and alcohol use common to many chronic conditions.

Open Wide, published by NHS Health Scotland in 2018, is a training pack which aims to educate carers of adults with additional care needs on the importance of good oral health and recognise the role of diet and other factors which contribute to poor oral health.

It is an important tool for influencing daily practice by giving carers confidence to carry out oral care for people requiring assistance. It also emphasises the need for effective communication strategies in supporting people showing signs of distress.



The training package has three components:

1. Core oral health knowledge;
2. Practical daily oral care;
3. Oral health documentation.

The guide for trainers highlights the importance of oral health risk assessment and review.

It helps carers identify and express concerns and differentiate between urgent and non-urgent referral to dental services.

Making NHS Lanarkshire autism-friendly

NHS Lanarkshire's anaesthetic department, in conjunction with the Public Dental Service, has produced a pre-hospital digital video to show a patient journey of a child coming to University Hospital Monklands day surgery for dental extractions under general anaesthetic. The video has been produced as a way of preparing children and their parents and reduce anxiety and distress associated with their treatment when attending hospital.

Dental extractions are more common in children than broken bones, skin grafts, tonsils and heart problems and there is a gap between the most deprived and most affluent areas. Although there are efforts to decrease the number of dental extractions performed under general anaesthetic, children with special needs such as autism, learning difficulties and severe anxiety may still have to have general anaesthetics to allow dental extraction.

Children and young people with behavioural and learning difficulties require additional support, time and resources to help them through the process, which can be very difficult for them and their parents/carers.



The Association of Paediatric Anaesthetists and the Royal College of Anaesthetists have produced information leaflets for children from four years upwards undergoing an anaesthetic in hospital. However, this is not the most effective information medium as many children with Autism Spectrum Disorder (ASD) and learning difficulties do not read. Children with ASD can present in a variety of ways, but the three main areas of difficulty are: social communication, social interaction and social imagination. Admission into hospital can be very distressing for many reasons, such as change in environment, excessive noise from machinery and other people and information overload.

To access the video, visit:

<https://vimeo.com/352232927> or
<https://youtu.be/ZkkieUxVv2E>

New domiciliary care provision

The *Oral Health Improvement Plan* (published in January 2018) recognised the increasing challenge of an ageing population in Scotland and the requirement to ensure the maintenance of good oral health in a domiciliary care setting. As more older people in Scotland are retaining their natural teeth, with many of these people only able to access domiciliary care, there will be an increasing reliance on oral health care in a domiciliary setting in the future.

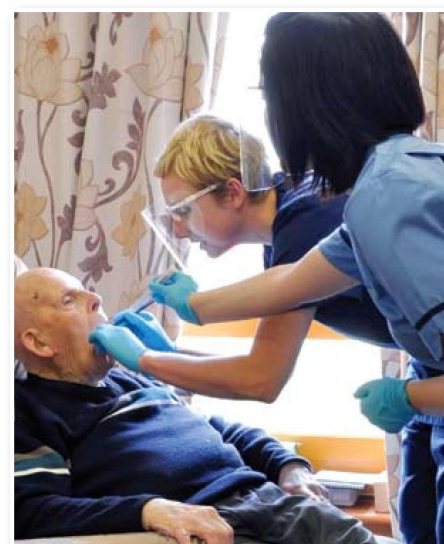
At present, domiciliary service provision varies considerably between Board areas e.g. some areas are mainly reliant on the Public Dental Service (PDS), while other areas are on a combination of the PDS and general dental practitioners (GDPs) with a particular interest in domiciliary care.

The purpose of the new arrangements is to encourage more GDPs to provide routine oral health domiciliary care amongst residents of care homes, ensuring the additional resilience to meet the challenges of an increasing need for domiciliary care in the future.

The new specification sets out new arrangements where the patients can be treated in their place of residence by a suitably skilled dentist. Initially these arrangements will apply to care home residents only (the domiciliary care programme is a two-phase programme, with phase one aimed at care home residents, and phase two for those people cared for in their own home).

The overall aim is to ensure that the appropriate service provides the appropriate care in the appropriate setting, with more routine oral care provided by GDPs in a domiciliary setting, allowing the PDS to concentrate on more complex domiciliary care and treatment.

To provide domiciliary care under the new specification, GDPs need to submit a request to the Board to become a dentist with enhanced skills in domiciliary care, i.e. a 'domiciliary care dentist'. The Board will determine the service needs in their Board area and, if they decide that an additional domiciliary care dentist is required, then they would meet with the dentist to ensure that they meet the criteria. The Board will apply for a place for the dentist on the specific NHS Education for Scotland (NES) training programme, which includes a didactic teaching element and attending care homes with a PDS mentor involving five supervised mentored sessions. There is an attendance fee payable for attending each session.



Upon successful completion of the programme of training and mentoring, NES will issue a 'Certificate of Completion of Enhanced Skills Training (Domiciliary Care)'. The Board will then invite the dentist to a final interview to consider their performance during the enhanced training and mentoring and review the in-hours emergency arrangements they have proposed. Thereafter, the Board will decide whether the dentist can proceed to provide domiciliary care under the new arrangements and be designated as a 'domiciliary care dentist' and assigned a care home. There is no appeal against the decision of the Board. The new specification also brings a new suite of payments and allowances.

Four Lanarkshire GDPs with considerable domiciliary experience have recently completed the training and have found it to be a worthwhile experience.

Further information on the new arrangements is available at: [www.sehd.scot.nhs.uk/pca/PCA2019\(D\)09.pdf](http://www.sehd.scot.nhs.uk/pca/PCA2019(D)09.pdf)

Anyone who is interested in being involved in this exciting new role or would like more information should contact Laura Milby, clinical director for general dental services at:

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www.nhslanarkshire.scot.nhs.uk/services/dental-services