

Mental Health Wellness Initiative for Dental Teams



There have been several papers produced during the COVID-19 pandemic about stress, anxiety, and burnout amongst healthcare staff, although there is also a rise in mental health issues amongst the general public.

Mental health issues, including stress and depression, have a longstanding association with dentistry. To help address this issue the Mental Health Wellness Strategic Steering Group was formed through the Dental Professional Alliance. The aim was to encourage all members of the dental team to make the promotion of positive mental health a priority at work. The group has produced a framework highlighting the need for a mental health wellness lead in every dental setting to encourage a whole team approach to mental health promotion in the workplace and to ensure that 'early intervention and safe signposting' is prioritised.

The initiative has gained widespread support from partners across dentistry, including: The Royal College of Surgeons and the Royal College of Physicians and Surgeons; General Dental Council; Chief Dental Officer of Scotland; Faculty of General Dental Practice (UK); and the College of General Dentistry.

The strategic steering group has been led and chaired by Fiona Ellwood, a trained and practising Mental Health First Aider and Roz McMullan, Chair of Probing Stress in Dentistry in Northern Ireland.

Fiona Ellwood said, "We want this mental health wellness initiative to deliver real change in the dental workplace through a plan of practical advice and action. We will work with partners to provide leadership, support, and direction on joint work. We will work with employers, local teams and professional partners in the UK to oversee implementation of the framework. Fundamentally, we want to see a Mental Health Wellness Lead in every practice and place of dental employment across the UK."

Roz McMullan added, "No one should feel alone or unable to talk to someone at work and for this very reason, this call to action asks decision makers and line managers to adopt this cultural change to mental health wellness in the dental workplace, and commit to the recognised training pathway."

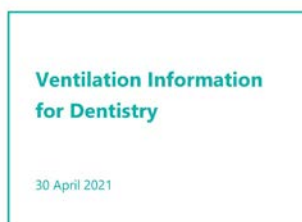
The initiative suggests implementing a six-part process in the workplace:

- Identify Mental Health Wellness Lead
- All members of dental team to undergo Stress Awareness Training
- Leads to undertake Mental Health First Aid training
- Design workplace action plan
- Join local peer support networks
- Complete annual training and maintain skills.

For more information about the initiative and how you can get involved, visit:

<https://mhwd.org/road-map>.

Ventilation information for dentistry



The COVID-19 pandemic has radically changed the way health care services are delivered. The Scottish Government recognises that the dental sector is amongst those most heavily affected, due to the high usage of aerosol generating procedures in dental treatment and associated operational challenges including the wearing of enhanced personal protective equipment, and the need to accommodate physical distancing and fallow times.

Effective ventilation is the major environmental factor in dissipating aerosols. It is one of the methods to ensure the health and safety of patients and dental team members. The Scottish Government remains committed to ensuring that NHS dental services are well placed to deliver remobilised services as safely as possible and has provided funding to help dental practices purchase, renew or update ventilation equipment that meets the requirements of 10 air changes per hour. For details, visit: www.scottishdental.org/statement-of-dental-remuneration-amendment-no-150.

Scottish Dental Clinical Effectiveness Programme has compiled a summary of currently available information on ventilation with a focus on advice and information that has relevance for dental facilities. The summary is a useful resource for dental practices considering how to assess and improve ventilation in their premises. A broader investigation of ventilation requirements is being undertaken by Scientific Advisory Group for Emergencies and we await their findings. For details, visit: www.sdcep.org.uk/published-guidance/covid-19-practice-recovery.

Drug prescribing guidance

The Scottish Dental Clinical Effectiveness Programme has released a new update to the third edition of its *Drug Prescribing For Dentistry* guidance, which was published in January 2016.

This update includes information on amendments to the latest edition of the British National Formulary (BNF 81), which was published in March 2021, and also incorporates information from the update previously issued in June 2017.

Changes to antibiotic prescribing are highlighted, including the preference for phenoxymethylpenicillin as the drug of first choice for dento-alveolar infections due to its narrower spectrum of activity. The circumstances in which it is appropriate to prescribe antimicrobials remain unchanged and local measures should still be used in the first instance.

The 'Dental Prescribing' app has also been updated to reflect these changes. The app is available to download free on Google Play or the App Store.

In addition, a supplement to the *Drug Prescribing For Dentistry* guidance with details of the contraindications and cautions which should be taken into account when prescribing analgesics or antibiotics in dental practice is now available. Much of its content was originally developed as part of the response to the COVID-19 pandemic.

Both the update and the supplement are available to download at www.sdcep.org.uk/published-guidance/drug-prescribing.

A series of three videos based on the work of the Scottish Antimicrobial Prescribing Group has recently been recorded. These videos provide up to date information on antimicrobial resistance, prescribing in dentistry and aim to improve clinical governance and antimicrobial stewardship.

To access these recordings, visit the TURAS Learn page at: <https://learn.nes.nhs.scot/47752/dental-cpd/educational-resources/antimicrobial-prescribing>.

National Whistleblowing Standards



The National Whistleblowing Standards which went live on 1 April 2021 sets out how the Independent National Whistleblowing Officer (INWO) expects all NHS providers to handle concerns that are raised with them and meet the definition of a 'whistleblowing concern'.

These standards are underpinned by a suite of supporting documents, which provide instructions on how the INWO expects concerns to be handled. Together, these documents form a framework for the delivery of the National Whistleblowing Standards.

The INWO team operates a free advice line and can be contacted on 0800 008 6112. This service is open to all NHS providers, staff and members of the public and offers the following: (a) Support and advice on the National Whistleblowing Standards; (b) General enquiries from members of the public.

The standards consist of:

Whistleblowing Principles – The principles underpin and drive how concerns raised by staff or those working in NHS services are handled. They also include definitions of whistleblowing and whistleblower.

Whistleblowing Procedure – Definitions and explanations of what is a whistleblowing concern, who can raise a concern and a description of the procedure for handling these concerns.

Governance – Information for NHS boards and staff on their own responsibilities, requirements regarding recording concerns and expectations for external contractors.

Sector Information – Specific instructions primary care providers and contracted services, health and social care partnerships, organisations involved in providing student and trainee placements, and arrangements for volunteers.

The new process under the Standards is a formal process applicable across all NHS services. Staff are encouraged to feel free to raise concerns before they get to the formal stage. The two-stage process followed by an independent external review, supports and protects staff to confidently raise concerns as early as possible.

- Stage 1 – Early resolution
- Stage 2 – Investigation.

For more information, visit INWO at: <https://inwo.spsa.org.uk>.

Enhanced significant event analysis



NHS Education for Scotland (NES) have recently produced a new quality improvement (QI) learning resource. The resource covers

enhanced significant event analysis (eSEA) within primary dental care. It contains an overview of eSEA, a step by step guide to carrying out eSEA and real-life examples which have been reviewed and certified by NES as QI activity, each of which is accompanied by supporting comments.

This is an excellent reference resource for everyone in primary dental care and through sharing these events, it is hoped that practices and clinics will benefit from the experience and learning of others, leading to improvements in their own clinical practice.

This resource can be found on TURAS Learn in the Dental CPD section under QI activity: <https://learn.nes.nhs.scot/51366/dental-cpd/quality-improvement-activity/enhanced-significant-event-analysis>.

Ergonomics and posture guidelines



The FDI World Dental Federation have recently published practical guidelines on ergonomics and posture for oral health

professionals as part of the first phase of its Health and Safety in the Dental Workplace project.

Oral health professionals face numerous risks at work: infection by pathogenic bacteria, exposure to chemical substances or radiation, and musculoskeletal disorders from inappropriate working posture, among others.

These new guidelines highlight the importance of ergonomics in the dental workplace. They provide oral health professionals with advice on how to strike a balance between maintaining a good posture and providing efficient treatment.

The new guidelines are available at: www.fdiworlddental.org/ergonomics-and-posture-guidelines-oral-health-professionals.

Oral and maxillofacial gets massive boost with new consultant



We are delighted to announce the appointment of a new consultant in oral and maxillofacial surgery. Tom Walker joins NHS Lanarkshire from the Queen Elizabeth University Hospital, Glasgow where he was a senior fellow. He has also spent time in Bristol, Bath and Gloucester, as well as Great Ormond Street Hospital. He has extensive humanitarian experience having worked regularly in the Philippines, Ecuador and India.

Tom, who hails from the West of Scotland, chose oral and maxillofacial surgery as his specialty after developing an interest in oral and facial reconstruction.

Tom said: “Oral and maxillofacial surgery treats patients who require oral and facial reconstruction. I find the breadth of patients we get with different conditions whether it is cancer or trauma really challenging but interesting and I enjoy that.

“With services rebooting after what has been a very challenging year for healthcare with the pandemic, and the retirement of some longstanding colleagues, I am hoping to support the rebuilding and redevelopment of the service. This includes trying to use technology in terms of planning surgeries and undertaking more virtual clinics.

“And I am hoping to work with colleagues to ensure there is good communications between our medical and dental practitioners who refer into our department to increase engagement and communication between colleagues.

“Ultimately I am looking forward to being involved in facial trauma as well as the development of the maxillofacial service by working closely with colleagues in Glasgow and around the West of Scotland to ensure patients across Lanarkshire are being offered a gold standard service.”

New Chair of Lanarkshire Area Dental Advisory Committee

We are delighted to announce the appointment of David McIntyre, General Dental Practitioner (GDP), Principal dentist at a practice in Motherwell, as new Chair of Lanarkshire Area Dental Advisory Committee (LADAC).

David will chair the LADAC whose role is to liaise between all areas of the NHS dental profession and the Board of NHS Lanarkshire.

The committee represents the general dental service, public dental service and secondary care. Its remit is to raise and discuss dental policies and issues which can be actioned by working closely with the health board and local health directorates.

The committee also provides representation to the Scottish Dental Practice Committee who liaise with Scottish Government.

He said: “I strongly believe LADAC’s are essential to listen and to provide representation for Lanarkshire GDPs both at local and national level.

“As I take over the role of Chair of LADAC from Gordon Stewart, I would like to acknowledge Gordon for his many years of service to Lanarkshire dentistry. He will be greatly missed by all and I thank him on their behalf for all the support he has provided over the years.

“We are in a period of great uncertainty within our profession and I look forward to working with all Lanarkshire dental sectors in assisting with the complex and dynamic times ahead.”

David has been a practising dentist for over 26 years and is also a part time dental practice inspector for NHS Lanarkshire.



Editor: Albert Yeung
Consultant in Dental Public Health

Editorial Board: Gillian Forsyth
Primary Care Improvement and Development Manager
Susan Lyttle
Senior Health Promotion Officer (Oral Health)
Craig McKay
Communications Manager
Cathy Starkey
Head of Oral Health Education/Prevention

Contact Address: NHS Lanarkshire Headquarters, Kirklands, Fallside Road, Bothwell G71 8BB

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