

Keep Lanarkshire Smiling

March 2024



National Dental Inspection Programme

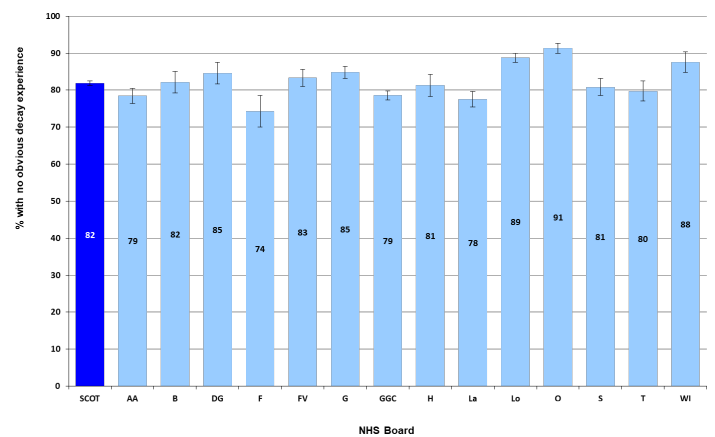
The National Dental Inspection Programme (NDIP) is carried out annually within each NHS Board in Scotland. Trained and calibrated Public Dental Service staff carry out basic dental inspections for P1 and P7 pupils, with detailed inspections alternating annually between both groups. The main aim of NDIP is to inform parents of the dental health status of their child but the data are also analysed and anonymised reports are published each year.

In 2022/23, basic P1 and P7 inspections were carried out with detailed screening of the P7 cohort.

Key findings were:

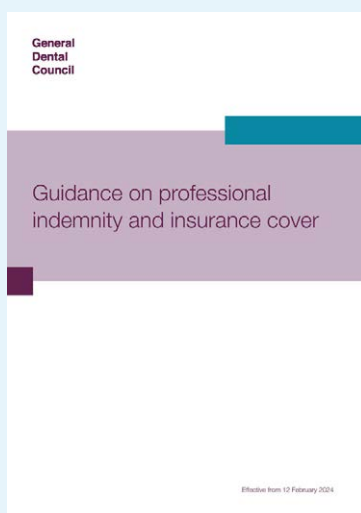
- Nationally, 81.9% of P7 children inspected had no obvious decay experience in their permanent teeth. This is a large improvement since 2005 (52.9%) and exceeds the national target of 80% by 2024.
- In Lanarkshire, this figure was 77.6%. It also exceeds the local target of 74.9% by 2024.

More information is available [here](#).



Percentage of P7 children in Scotland with no obvious decay experience in their permanent teeth, by NHS Board; 2023

General Dental Council's revised Guidance on Indemnity and Insurance



The General Dental Council (GDC) has published the [outcome report](#) for its consultation on updating the Guidance on Indemnity and Insurance, along with the [revised guidance](#) that came into effect from 12 February 2024.

This follows their consultation earlier in 2023 on proposals to make changes to the guidance to ensure it is up-to-date and better supports dental professionals to understand and meet their legal and regulatory obligations, in the interest of

patients and maintaining public confidence in the profession.

The updated guidance clarifies the requirements around holding cover that will compensate patients who have suffered harm, in the event of a successful claim. It also encourages dental professionals to consider the level of cover they require across their scope of practice.

The guidance includes a checklist and series of questions to consider when choosing an indemnity or insurance cover, and also explains the additional benefits that dental professionals should consider when arranging their indemnity; e.g. including advice and support for their wellbeing during a claim. The full revised guidance and exhaustive list of questions from the GDC is available [here](#).

Dental professionals are required by law to have appropriate indemnity or insurance in place before they practise. This is to ensure any patient who suffers harm during treatment can seek appropriate compensation. Indemnity is different from employer liability insurance or public liability insurance, and provides security or protection against a loss. Dental professionals are advised to familiarise themselves with the updated guidance as it now provides more information to better support them to meet their responsibilities towards patients.

Radiation Protection Files Employer's Procedures

The Ionising Regulations (Medical Exposure) Regulations warranted officer/inspector to the Scottish Parliament has collaborated with several stakeholder groups, including the Scottish Radiation Protection Advisors Group, National Services Scotland, and the Chief Dental Officer's team to create a set of new Radiation Protection File, Employer's Procedures templates specifically intended for usage in dental settings.

The portfolio of newly reviewed and updated document templates and supporting material were written to address the specific nature and challenges that are commonly found in the dental environment rather than a Hospital Imaging Service Department. Dental radiographs continue to be the most taken radiographs in the delivery of healthcare and these templates will help dentists to comply and apply the regulations in a more tailored and proportionate way.

Each of the new document templates have short videos available to help dental teams understand both the how and why of these documents. It is hoped this step-by-step methodology makes the updating a manageable process, and better understand the requirements of compliance with the legislation. There are also helpful poster templates included in the package, for example the provision of a "pregnancy poster" template, and narrative around "holding" and patient identification protocols.

To facilitate the replacement/renewal of the content of radiation protection files Employer's Procedures, the documents were published in manageable chunks (3 documents templates at a time) on [Scottish Dental | Accessible information about Dentistry](#).

Oral Care in Care Homes

Providing good oral care for people experiencing care can be challenging due to factors such as care-related stress and distress. However, to safeguard the health and wellbeing of vulnerable people, good day-to-day oral care is crucial and developing an oral care policy will help staff deliver the best oral care. The Care Inspectorate has recently published a guidance document on developing oral care policy – [Supporting better oral care in care homes: Oral care policy for adult care homes](#).

It is important that staff providing oral care are trained to deliver this. Caring for Smiles and Open Wide provide a range of training for staff. There are also opportunities to complete foundation and intermediate levels of accredited Caring for Smiles and Open Wide training.

Supporting better oral care in care homes: Oral care policy for adult care homes

December 2023

care inspectorate Public Health Scotland Caring for Smiles Open Wide

Caring for Smiles – A guide for carers

Cleaning the mouth, teeth and dentures (oral care) is part of personal care. Everybody should clean their teeth or dentures at least twice a day.

Cleaning the mouth, teeth or dentures helps make sure older people:

- are comfortable
- are able to eat, drink and talk
- are free from pain
- feel better about themselves.

Encourage and assist older people to clean their own teeth or dentures. If they are not able to do this, then you can help them.

Speak to your line manager to report a concern if you:

- feel the older person needs to see a dentist or
- feel the older person is too unwell for you to care for their mouth or
- feel there are any other problems in keeping the older person's mouth and teeth clean.

But first follow the **code**.

People experiencing care should be supported, if they wish and if this is possible, to continue to receive care from their own dentist. However, if a person is not registered with a dentist, a protocol should be put in place to register the person with a dentist or to contact the local Caring for Smiles/Open Wide team for assistance with this.

Public Health Scotland has also recently updated its resource [Caring for Smiles – A guide for carers](#). It is a training guide for oral health professionals to deliver training to staff in care settings.

Keep Smiling: Better oral care for everyone

A new resource has been published by Public Health Scotland which aims to deliver key oral health messages to the public.

Information includes advice on oral health, diet, hygiene and accessing routine and emergency dental care.

Further information is available [here](#).

Public Health Scotland

Keep smiling

Better oral care for everyone

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.

Go to the dentist regularly. Your dentist will advise how often this should be. Take a family member or friend with you if you feel nervous, and tell staff how you are feeling.

Avoid smoking and limit alcohol intake to reduce your risk of mouth and throat cancer.

Diet

To reduce your risk of tooth decay, keep sugary foods and drinks to mealtimes.

Most fizzy drinks, sweets and biscuits contain lots of sugar. Instead of sugary snacks try toast, porridge or some bread and spread. Fruit is a good choice, particularly bananas if you have a sweet tooth.

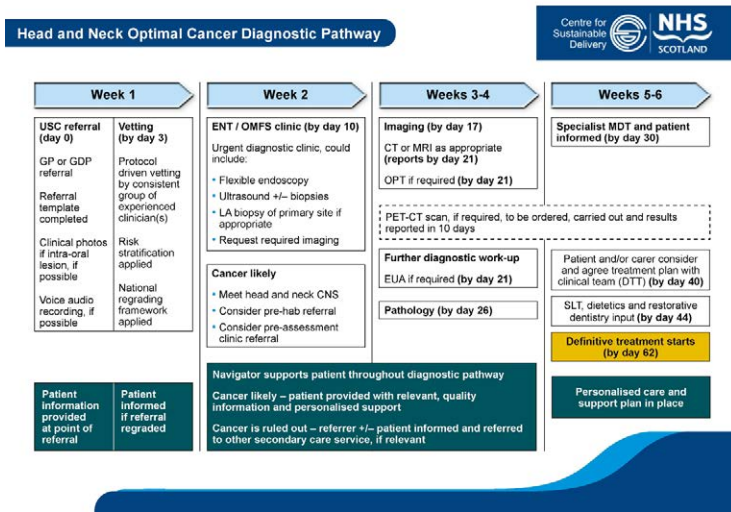
If you enjoy sugar in your tea or coffee, try to keep that to mealtimes. You could try using sweeteners instead, or use less sugar until you do not need any. Fruit juice is a healthy choice but you should only drink it at mealtimes. Try drinking water or milk between meals instead. Try to avoid sipping sugary drinks or eating sweets between meals because sugar causes tooth decay.

Local contact

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Optimal Head and Neck Cancer Diagnostic Pathway



The Centre for Sustainable Delivery's Cancer Performance and Earlier Diagnosis Team has worked closely with Regional Clinical Leads for Head and Neck Cancer, and engaged with Head and Neck Managed Clinical Networks to develop NHS Scotland's first Optimal Head and Neck Cancer Diagnostic Pathway.

Head and neck cancer constitutes a diverse group of malignancies that can affect various structures in the head and neck region, including the oral cavity, pharynx, larynx, paranasal sinuses, and salivary glands. Early detection is crucial for successful treatment, making the diagnostic pathway a vital aspect of managing head and neck cancer.

In 2021, head and neck cancers were more than twice as common in the most deprived areas compared with the least deprived areas in Scotland. Meanwhile, the incidence of late-stage diagnoses was more than three times higher in the most deprived areas compared with the least deprived. Currently, around 25% of head and neck cancers are diagnosed at stage I in Scotland. Latest cancer waiting times data (Q2 2023) also shows that 66.5% of head and neck cancer patients in Scotland were treated within the 62 day standard, reflecting current challenges in the diagnostic pathway.

The diagnostic pathway for head and neck cancer typically begins with a thorough medical history and physical examination by a healthcare professional. Symptoms such as persistent hoarseness, difficulty swallowing, or a lump in the neck may prompt further investigation.

The pathway gives head and neck cancer service providers in NHS Scotland a gold standard skeleton model to deliver an effective and efficient head and neck diagnostic pathway setting timeframes for each step to enable diagnosis by day 30 and treatment to start by day 62.

Further information and resources are available [here](#).

Frailty Guide and Exercise Brochure

FDI World Dental Federation launches new resources aimed at dentists, patients and carers to enhance the oral health of older adults and prevent decline in oral function.

The FDI Oral Health for an Ageing Population (OHAP) project aims to strengthen the role of the oral health community in achieving healthy longevity. In this spirit, two new resources have been developed to promote oral health for older adults, including a Frailty Guide for dentists and a brochure with oral function exercises for patients and carers.

The **FDI Frailty Guide** is a WebApp developed to support dentists and dental teams when treating older adults above the age of 65. The platform can be used prior or during consultations and offers a two-step pre-assessment to establish the dependency and oral frailty risk levels of the patient. Dentists and dental teams can use it to provide targeted prevention advice and recommendations for older patients in accordance with OHAP's dependency level-based and prevention-based approach. A PDF with pre-assessment results and prevention advice can be downloaded and/or received via email. The guide can be used on a desktop, tablet or mobile phone and is suitable for in-person and online consultations.

The **brochure for patients and carers** provides oral function exercises to be performed regularly by older adults to help maintain their oral health and prevent signs of oral function decline.



Clinical Leadership Fellow Lee-Anne Scott

Lee-Anne Scott has been in her clinical leadership role since August 2023, having joined NHS Lanarkshire as a general dental practitioner in 2001.

Lee-Anne graduated from Glasgow University in 1999 before working for a year at the Glasgow Dental Hospital in prosthetics and oral surgery. She then moved to Northampton to complete her vocational training (VT) year as part of the Oxford scheme before returning north to an associate position in Holytown.

Lee-Anne lives in East Renfrewshire, having previously lived in Hamilton where her daughter was born. She said: *"I bought into the practice at Holytown and became a principal and have also been a VT trainer for the last 17 years."*

On her current role, Lee-Anne said: *"I am really enjoying all aspects of this year and it has made me understand a lot more of how the decision-making processes are carried out and the structure of NHS dentistry at a national level."*

"I have really enjoyed meeting new people as working in practice can be quite isolate, also reconnecting with many people that I had worked with during my time at the Glasgow Dental Hospital."

"As part of the clinical leadership fellow year, you also take part in a leadership programme and I have learned a lot about myself from this and it has really improved my confidence, so much so I applied for a dental practice adviser job in Greater Glasgow and Clyde and was successful. I am looking forward to starting in this additional role at the end of January 2024."

Lee-Anne has two teenagers at home, one at Glasgow University and one doing their Highers. She added: *"I enjoy cooking, reading and walking our cocker spaniel Molly. I am, however, happiest spending time with family and friends."*



New Senior Health Promotion Officer (Oral Health) Anne Muir



After a long career in oral health improvement with NHS Greater Glasgow and Clyde, we are delighted to welcome Anne Muir in her new role as Senior Health Promotion Officer (Oral Health).

Anne joined us at the end of September 2023 and has embraced the role with NHS Lanarkshire.

As Senior Health Promotion Officer (Oral Health), Anne's role involves leading the planning, delivery and evaluation of the Oral Health Improvement Programme, and providing oral health expertise and direction. Through partnership working, the team aim to improve the oral health of individuals and families in Lanarkshire through prevention and awareness raising initiatives.

Anne said: *"I find working in the NHS Lanarkshire health improvement team both enjoyable and rewarding, knowing that what I do will make a positive difference to oral health outcomes, particularly for those living in areas of deprivation."*

"My plans for the future are to further develop and strengthen partnership links and to support existing oral health improvement programmes. Part of that plan is to also identify new activities that ensure the health improvement team continue to deliver evidence-based prevention programmes and provide positive outcomes."

"My goal is to assist in reducing dental and oral inequalities and to promote good oral health for everybody in Lanarkshire."

2023 Top Reviewers

Congratulations goes to Albert Yeung, Consultant in Dental Public Health at NHS Lanarkshire, who was named **one of the top reviewers in 2023**. He peer reviewed seven manuscripts for the *British Dental Journal* in 2023 and received a free e-book **Sustainable Dentistry: Making a Difference in recognition of his contributions**.

Editor:	Albert Yeung	Consultant in Dental Public Health
Editorial Board:	Gillian Forsyth Geraldene Irving Craig McKay Anne Muir	Primary Care Improvement and Development Manager Clinical Director of Public Dental Service Communications Manager Senior Health Promotion Officer (Oral Health)

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