

Symposium Report

SDPBRN - 6th Symposium 2008

Soft Tissue Management and Research in Dental Primary Care Dundee Dental Education Centre

A very successful 6th symposium was held in Dundee in March 2008. The following are just a few notes to give a small flavour of some of the fine presentations given during the day. (Errors and omissions are not the responsibility of the presenters.)



Ms Margie Taylor, Chief Dental Officer - "Better health, better care"

Margie Taylor, recently appointed Chief Dental Officer, emphasised that, whilst she would never attempt to under-estimate the value of inspiration-driven research, it is very important that a large proportion of research efforts are focused upon carefully identified gaps in current knowledge. Those involved in the production of evidence-based recommendations to practitioners, such as SIGN Guidelines or SNAP Reports, quickly become aware of uncertainties in current clinical knowledge. Not all deficiencies in evidence deserve the same priority from a finite research resource. It is

important to decide which avenue of investigation will result in the biggest impact upon health management. Factors to take into account are the prevalence of the condition where there is a lack of research evidence in its management, how much of a problem the particular condition causes, and what is the economic cost of the condition to the sufferer and to the health service.

It is a telling fact that nearly a quarter of hospital admissions for children are dentally related. Then of course, having carried out the research and produced good evidence, there is the problem of ensuring that treatments are evidence-based where it can be improved by adherence to this good evidence. It is well known that the transition from evidence to change of practice is a protracted one.

Dr John Gibson, Dundee Dental Hospital and School - "Between a rock and a hard place. Oral tissue lesions in primary care"

John Gibson said he wanted people to leave the symposium understanding that they have a key evolutionary role as holistic oral healthcare practitioners and not thinking that they were lost in the vast sea of evidence-based data and new information. Every dental practitioner has an immense part to play in the diagnosis of systemic diseases from oral soft tissue lesions. Patients with diabetes are at more risk of developing periodontal disease, those with periodontal disease may show a systemic inflammatory response, and with the systemic inflammatory response there may be an increased risk of cardiovascular disease.

20% of the population has Recurrent Aphthous Stomatitis of varying severity. This condition has been poorly researched as have treatment strategies for people with this condition. Other tissue sites are also involved, apart from the oral mucosa.

The dentist is in a pivotal screening position. Don't proscribe to the doctrine "Don't bother about it – everyone gets mouth ulcers!"

Research questions suggested by John:-

- Why does taking a child's tonsils out make some forms of the mouth ulceration go away?
- Does breast-feeding protect?
- What is the role of SLS in RAS?
- Why do some studies support high doses of B-vitamins when deficiencies are not noted?
- How should we best screen for systemic diseases in patients with RAS?
- Should we be more rigorous in addressing allergy in patients with RAS?
- Do drug-induced ulcers give us a good model for further study?
- Are we sure that all members of the healthcare team understand the symptoms and signs of mouth cancer?
- Are we sure that the "continuing surveillance" of patients with potentially malignant lesions of the oral mucosa isn't simply "supervised neglect"?
- How does the use of correct clinical descriptors enhance diagnosis? e.g. papules

Professor Iain Hutchinson, Barts and the London Hospital NHS Trust - Soft tissue surgery: scope and implications for the primary care team.

Iain started out by reminding the audience that prevention was the key feature. None of his patients had any desire to undergo soft tissue surgery, he said. All would rather their conditions were diagnosed and treated at the earliest possible stage.

Having reached the stage where invasive surgery is necessary, the patients tend, initially, to be concerned how the surgery will affect their appearance. Later in the course of treatment they broaden their concerns when they realise that eating and speaking, for example, can become

difficult. Patients are often left with dry mouths which can lead to persistent coughing or they may not be able to obtain a good seal between their lips or open their mouths widely and this makes eating a chore and an embarrassment. These are areas where there is potential to improve the outcome by carrying out well-designed research.

Iain noted that a series of short presentations to 13 to 14-year-old children emphasising the potential outcomes of smoking and over indulgence in alcohol had had very positive results in terms of changing the children's attitudes towards these vices.

Further research potential exists in exploring the colour and texture of skin grafts used in the restoration of excised tissues. Patients are constantly raising the bar by having increased expectations about the quality of the final outcome. We should also be studying the social aspects surrounding those unfortunate enough to need soft-tissue surgery. Sufferers worry about such concerns as:

- Will I speak?
- Will I eat normally?
- Will I be disfigured?
- Will I be able to socialise?
- Will my friends recognise me?
- Will I get a job?
- Will I get a partner?

After showing graphic illustrations of the severity of the problem in some of his patients, Iain ended on an optimistic note, saying "The Challenges don't change but our understanding and ability to improve the patient's lot does"



Dr Petrina Sweeney, Glasgow Dental Hospital - "Oral cancer patients in primary care"

Patricia re-iterated the statement by Iain Hutchison that early detection of soft-tissue lesions was vitally important to minimise suffering.

One complication is that the time from detection to the start of treatment is often so short that the primary care dentist has little time to sort out urgently needed dental treatment. Such preparation is of important though. If the teeth and gums are in poor condition, these are going to be a potential source of infection during the post-operation recovery phase. Unfortunately, it quite often happens that this is the case and the problem then is that the GDP may have difficulty finding an appointment slot in their practice to see the patient before their surgery. Bacteria are not usually a problem but yeasts and viruses frequently are. Post surgery there is an important role for the patient's dentist. Dry mouth and erosion are two major problems. Radiation therapy can lead to severe problems at the gingival margin. There is a need for a more acceptable synthetic saliva. Patricia's closing remarks were that:

- Maintenance of oral health is an essential element of holistic care
- Many oral health problems are preventable
- Input of the dental team should be available at all stages of the cancer patient's journey

Current Scottish Research Activity - Parallel Sessions

Session 1: Patient Centred Service

1. Patient use of a dental access centre in Edinburgh - Mary Wilson.
2. HIV and dental care preferences - Chris Cunningham.
3. Acceptability and awareness of treatment by non-dentists - Kim Laverty and Scott Tulloch.
4. Alcohol advice in dentistry - Simon Shepherd.
5. Changing clinical behaviour: does it matter how dentists are paid? - Linda Young.

Session 2: Special Needs and Special Care

1. Pre-cardiac surgery dental assessment - Karen Gordon.
2. Oral cancer surgical care in the West of Scotland - Helen Hogarth and Laura McAleer.
3. Oral health attitude, knowledge, and behaviour of home carers of the elderly in Caithness - Isobel Madden and Myra O'Boyle.
4. Adolescents with learning disabilities: access to dental care - Kate Coyle.
5. Oral health of bone marrow transplant patients - Helen Patterson and Kathryn Durey.

Mr Steve Turner, Dental Health Services Research Unit - The ERUPT Study: three years on.

Steve began by describing the ERUPT study and its impact. The study was a three year RCT which aimed to encourage dentists to place more fissure sealants on children's teeth as a preventive measure when the child was felt to be at risk of developing caries. The study did this by running workshops on evidence based practice, and by offering a direct fee for each tooth treated. The direct fee proved to be an effective incentive, and was incorporated into the dental contract in 2006. Take-up of the new fee has been impressive, indicating up to 40,000 children received sealant in the first year the new fee was in operation. However, the effectiveness of fissure sealants as a preventive measure, while well established in clinical trials, may be reduced when they are applied in sub-optimal conditions. In a recent paper Tickle et al concluded 'the placement of fissure sealants by GDPs was not effective in preventing pit and fissure caries in these high risk children' Steve then presented evidence from the 133 dentists and 2867 patients in the ERUPT study, drawing on anonymous treatment data from the NHS database of treatment claims. This suggested there were fewer subsequent fillings among children who had received sealants, but that the relationship was not very strong. Those who had all eight molars sealed were best protected – but this applied to only 5% of the children in the study. Steve emphasised the weaknesses in the data – for example we do not know which teeth were filled in the period following the study – and ended by outlining plans to conduct a more precise follow-up of the ERUPT study.

Speaker Biographies

Jan Clarkson . BSc, BDS, PhD, FDS, RCS (Edin), FDS (Paed Dent), RSC Edinburgh

Jan Clarkson graduated in Dentistry from Newcastle University in 1987 and in 1994 she completed a PhD at Manchester University. In 1998 she joined the Dental Health Services Research Unit, University of Dundee and is currently the Effective Dental Practice Programme Director. Her remit is to conduct high quality research and promote the implementation of research evidence in dental primary care. Her research has included several clinical trials involving over 300 dentists and 10,000 patients. She is a founding member of the Cochrane Oral Health Group and has been an editor since 1994. She is currently Director of the Scottish Clinical Effectiveness Programme with a responsibility for producing guidance in priority areas for dentistry.

Kate Coyle BDS

Kate graduated in dentistry from Queen's University Belfast in 2002. She is currently working as a Specialist Registrar in Paediatric Dentistry in Belfast and as part of her Master's Programme at the University of Dundee. She is currently conducting work into the knowledge, attitudes and treatment experience of General Dental Practitioners in Northern Ireland and Scotland, of adolescents with disabilities

Chris Cunningham BDS

Chris Cunningham qualified from the University of Newcastle upon Tyne in 1979. Following a year working in the West Indies he returned to the UK where he worked in hospital and General Dental Practice in Yorkshire before joining the Community Dental Service in 1985. At this time he completed his Masters degree in

Community Dental Health at Leeds University and also developed a passion for Rugby League (watching not playing). Chris moved to Edinburgh in 1990 as a Senior Community Dentist and is now an Assistant Clinical Director in Lothian Salaried Primary Care Dental Service. His main clinical interests are in developing dental services for people with blood borne viruses, drug users and homeless people and he has lectured widely on this subject.

Kathryn Durey BDS

Kathryn graduated in dentistry from the University of Newcastle in 2006. She is currently working in the South East of Scotland completing her General Practitioner Training.

Ruth Freeman BDS PhD MSc MMedSc DDPH RCS(Eng) FFPH RCP(UK)

Ruth Freeman trained at Queen's University, Belfast and at the University of London. Prior to her appointment to the Chair of Dental Public Health Research at the Dental Health Services Research Unit she worked at University College, London and was Professor of Dental Public Health at Queen's University, Belfast. She has researched and published in the areas of behavioural sciences, oral health promotion and oral health inequalities. Her current research interests include theoretical and practical dimensions of health disparities in socially excluded groups.

John Gibson PhD, MB, ChB, BDS, FDS(OM), RCPS(Glasg), FFD, RCS(Irel), FDS, RDS(Ed)

Dr John Gibson is Consultant and Honorary Senior Lecturer in Oral Medicine in the University of Dundee's Dental Hospital & School, and visiting Professor of Oral Medicine in Charlotte, North Carolina. He most recently worked in Lothian

as Consultant in Oral Medicine and, until 2004, was Associate Dean for Postgraduate Dental Education for Scotland and, prior to that, was Associate Dean of Dental Education in the University of Glasgow's Dental School. He is qualified in both Medicine and Dentistry and held residency posts in Oral Medicine, General Medicine and General Surgery in Glasgow and the West of Scotland.

Karen Gordon BDS

I qualified in 1982 from University of Edinburgh, and I am working in the Salaried Primary Care Dental Service having spent a short time as a salaried general dental practitioner in Lothian. In 1988 I completed an MSc in Community Health from University of Edinburgh, and returned to a full time dental officer post in Special Care Dentistry. In 1993 I was appointed a Senior Community Dentist in Special Care Dentistry for Hospital Patients (inpatients and medically compromised outpatients) and Older People in the Community and in 2007 took up post as an Assistant Clinical Director in Lothian for Special Care - Hospitals and Older People.

Jenny Hally BDS MSc Primary Dental Care

Jenny graduated from Dundee Dental School in 1996 and has a postgraduate qualification in Primary Dental Care. She has worked within general practice, hospital, and, most recently, in the Community Dental Service where she was a Special Needs Dental Officer. She is involved in the development and implementation of Clinical Care Pathways, part of the innovative proposals put forward by the Department of Health's 'Options for Change' document and the Scottish Executives's 'An Action Plan for Improving Oral Health and

Modernising NHS dental services in Scotland'. She is currently starting a new project assessing dentist-patient communication with NHS Highland Dental Services.

Helen Hogarth

Helen is a fourth year dental student at Glasgow University. She is presenting the results of her dental elective project 2007 / 2007.

Iain Hutchison BDS MBBS FRCS (Eng) FRCS (Edin) FFD RCSI

Iain Hutchison is an Oral & Maxillofacial Surgeon at Bart's and The Royal London Hospitals specialising in Head & Neck Cancer and Reconstruction. He chose this career after seeing whilst working in Brighton when he saw the dramatic impact of even simple and straightforward treatment such as suturing when young people sustained facial injuries.

He has led public information projects designed to prevent facial disease and injury. He has organised several national schools information campaigns on the association of binge drinking with facial injury and smoking with mouth cancer. He founded and now runs (pro bono) the Facial Surgery Research Foundation – Saving Faces which leads national multi-centre collaborative clinical trials to improve the evidence base for oral and facial surgery practice. He is conducting psychological research to improve treatment outcomes for patients and research with the Cyscope to improve the surveillance of oral premalignancy.

He founded and funded the Saving Faces Art Project in which an artist captured the physical and emotional journey of patients undergoing facial surgery for deformity, cancer and injury.

Professor Gerry Humphris BSc(Hons) PhD M Clinical Psychology

Gerry Humphris studied Psychology at the University of Reading before going to Guys Hospital to complete a PhD in 1984. He gained his clinical psychology qualification at the University of Liverpool (1986). He has continued his interest in psychological aspects of oral health including dental phobia, chronic facial pain and oral cancer. He was Director for teaching of communication skills to a number of health disciplines including Medicine and Dentistry at the University of Liverpool. He has completed a randomised control trial of a new intervention (AFTER) specifically designed for patients following treatment of oral facial cancer. The association of mental health status and various functions of the face following initial treatment, and the psychological effects of providing information about oral cancer to patients are his current fields of interest. He was Reader at the University of Manchester in the School of Psychiatry and Behavioural Science, and Honorary Consultant Clinical Psychologist to the Central Manchester Health Care Trust. He was appointed the new Chair of Health Psychology based in the Medical School at the University of St Andrews in November 2003

Professor Richard Ibbetson FDS RCS (Edin) FDS RCS (Eng) FGDP (UK)

Director, Edinburgh Postgraduate Dental Institute Chair of Primary Dental Care, University of Edinburgh Honorary Consultant in Restorative Dentistry, Lothian Primary Care NHS Trust

Member of International Association for Dental Research, British Society for Restorative Dentistry, British Endodontic Society, Academy of Operative Dentistry, British Dental Association, Pierre Fouchard Academy

Graduating at Guy's in 1974, Richard spent 2 years in general dental practice and a short period abroad.

He returned to the UK, completing his MSc in Conservative Dentistry in 1979 at the Eastman. This began a 20 year association with the Institute where he was appointed consultant in 1986 and Head of Department from 1992 – 1995. He established a new department of Continuing Education, became Vice Dean of the Institute and latterly, Dean for External Relations. In 1999 he was appointed to the Chair of Dental Primary Care at the University of Edinburgh and took up the post of Director of the new Postgraduate Dental Institute of the University of Edinburgh.

He has established an international reputation as a teacher in Conservative Dentistry and Fixed Prosthetics. His research interests centre on the effectiveness of continuing education in dentistry, adhesive cast restorations and the development of dental research within the setting of Primary Care.

Richard's main clinical interests lie in the practice of fixed prosthodontics particularly the Development of adhesive cast restorations, relative axial tooth movement and restoration of endodontically treated teeth. He holds several positions on national committees, examining and editorial boards and has an extensive portfolio of publications.

Kim Laverty BDS

Kim studied dentistry at Glasgow Dental Hospital, graduating in 2006. After her graduation she moved to Edinburgh where she is working as an East of Scotland Longitudinal General Professional Trainee. Kim is currently working toward her Membership of the Faculty of Dental Surgeons exams. Kim has a particular interest in all things equine and has competed at an internationally recognised level in Horse Trials.

Isobel Madden B.D.S. M.F.G.D.P. R.C.S. (UK)

Is a Specialist in Periodontology who, after over twenty years in clinical practice, took up the position of Rural Training Advisor at NHS Education Scotland in 2005. This post includes responsibility for the Scottish Dental Postgraduate Rural Fellowship, which provides academic and financial support for dentists working in the remote and rural areas of Scotland who wish to complete a Master's programme in Clinical Dentistry at one of the three Scottish Dental Schools. She is also currently involved in the commissioning of the Scottish Rural School of Oral Health Science at Raigmore Hospital, Inverness and Dumfries and Galloway Royal Infirmary.

Laura McAleer

Laura is a fourth year dental student at Glasgow University. She is presenting the results of her dental elective project 2007 / 2008.

Joe McManners BDS FDS Eng MB ChB FRCS Edin FDSRCPS Glas

Consultant Oral and Maxillofacial Surgeon, Falkirk and District Royal Infirmary and Stirling Royal Infirmary. Honorary Senior Lecturer Glasgow University Visiting Consultant Regional Unit Southern General Hospital, Monklands District General Hospital and Glasgow Dental Hospital and School.

Interests: Head and neck pathology management; Cleft deformity management; Trauma; Education (under and post grad); Outdoor activities (no horizontal rain); Anything artistic with a physical side to it

Myra O'Boyle BDS

Myra graduated from Glasgow University in 2004. She is working as a Vocational Trainee on the Isle of Bute and a General Practitioner Trainee in East Kilbride and Glasgow Dental Hospital.

Myra passed her Membership of the Faculty of Dental Surgery exams in

2006, and is presently working in Wick in Caithness as a Remote and Rural Fellow which involves a part time research MSc in Dental Public Health

Helen Patterson BSc(Hons) BDS(Hons) FDS RCSEd MSurgDent RCSEd MSND RCSEd
Assistant Clinical Director (Special Care and Sedation) Lothian Salaried Primary Care Dental Service

Before dentistry became my career, I gained a degree in psychology and spent some years working in residential care for children and adults with disabilities. Since graduating in dentistry in 1996, I have gained a variety of experience in the UK and in the US. After working in general practice, I moved to hospital dentistry and then maxillofacial surgery, finally becoming a Staff Grade in oral surgery. I returned to the primary care setting to develop my interest in Special Care dentistry. I currently provide care for children and adults with disabilities and medically compromising conditions, using inhalation and intravenous sedation and general anaesthesia.

I am involved in dental postgraduate and undergraduate teaching. My clinical commitment is also spent in the Western General Hospital in Edinburgh where I have taken a particular interest in the management of patients with malignancies and more recently the emerging challenge of bisphosphonate associated osteonecrosis of the jaws.

Margaret Ross MPH, DipDH, DipDHERSH FAETC

Margaret Ross qualified as a Dental Hygienist in 1981, gained the Diploma in Dental Health Education (with Distinction) in 1983, the Further and Adult Teaching Certificate in 1989 and graduated Master of Public Health from the University of Glasgow in 1993. She is

a Senior Lecturer for Dental Care Professionals and Co-Director of the Dental Therapy training Programme for qualified Dental Hygienists, in Edinburgh Postgraduate Dental Institute. Margaret sits on numerous committees within both the Scottish Executive and NHS Education for Scotland. She is also a member of the Advisory Boards for Dental Care Professionals of both the Royal College of Surgeons of Edinburgh, and the Faculty of General Dental Practice (UK). Margaret has lectured extensively both locally and nationally, and her research interests are within education and the development of Dental Care Professionals.

Simon Shepherd BDS

Simon studied dentistry at the University of Otago in New Zealand graduating in 1997. After graduation he moved to Waikato Hospital in a Maxillofacial House Officer for two years before moving to the UK. After a variety of locum posts he entered into the salaried services in Caithness, where he has worked for the past 6 years. Simon is currently travelling between Wick and The University of Dundee as part of his programme for his MSc. Simon has a particular interest in motorcycles, cooking and drinking good wine.

Terry Simpson BDS

Terry Simpson qualified in 1981. Since then he has worked as a general dental practitioner in Aberdeen and Edinburgh. In 1993 he started a new-build practice in Livingston. He is currently the Dental Clinical Effectiveness Advisor for NHS Lothian and is part of a general practitioner research group affiliated to Edinburgh Dental Institute. He is lead reviewer on the Cochrane Review. Treatment of periodontal disease for glycaemic control in people with diabetes. Terry is married with two children. His interests include politics, travel, football, cricket and golf.

Petrina Sweeney BDS, MSc DDS (Hons), FDS, RCPS (Glasg).

Petrina Sweeney graduated with a BDS from the University of Glasgow in July 1980. She graduated MSc(MedSci) in 1996 and DDS (Hons) in 2000. She worked initially in both primary care and hospital dentistry, particularly with elderly patients, those with cancer and patients with psychiatric illness. In 2000, Dr Sweeney was appointed as a Clinical Senior Lecturer in Adult Special Care Dentistry at the University of Glasgow. She holds and Honorary Senior Dental Officer contract with NHS Greater Glasgow & Clyde. Dr Sweeney has long standing interest in oral disease and delivery of oral care among the elderly, terminally ill cancer patients, patients with haematological malignancy and adults with intellectual disability. Xerostomia and its link to oral infection in medically compromised adults is of particular interest. She is also involved in looking at oral health risk assessment of adults with intellectual disability.

Margie Taylor BDS, MSc MBA FDS RCS (EDIN) HFPH

Before joining NHS Lanarkshire in 1994, she worked in Fife and Lothian as Chief Administrative Dental Officer and in clinical dentistry respectively. Most recently she was Consultant in Dental Public Health in NHS Lanarkshire. She held positions as board member at NHS Health Scotland between 1998 and 2006 and chaired the dental committee at NHS National Education for Scotland until her appointment to Chief Dental Officer in May 2007. Born and educated in Edinburgh, Miss Taylor graduated from Edinburgh University in 1978. She gained an MSc in Community Medicine in 1985 and an MBA from Herriot Watt University in 1996. She is a fellow in dental surgery of the Royal College of Surgeons of Edinburgh and the Royal College of Physicians and Surgeons of Glasgow and an honorary member of the Faculty of Public Health. Miss

Taylor has also held posts as Honorary Senior Lecturer at St Andrews, Glasgow and Dundee Universities.

Scott Tulloch BDS

Scott spent autumn and winter in Copenhagen Dental School 2005 as an undergraduate through the Erasmus scheme. He then graduated from Dundee University in 2006. He is currently working as a General Practitioner Trainee in the South East scheme, with rotations in salaried dental services, Oral Surgery, Restorative, Paediatrics and Research.

Steve Turner BSE, MSc

Steve Turner is Senior Researcher at the Dental Health Services Research Centre, Community Health Sciences Division, University of Dundee, where he has been working on the ERUPT study since 2002. His research interests include implementation research in primary care, the oral health of special needs patients, especially elderly patients and patients with learning disabilities, and dental primary care teamwork. He collaborates closely with colleagues at Glasgow Dental School, Edinburgh Postgraduate Dental Institute, and The Scottish School of Primary Care, and is involved with the running of the Scottish Dental Practice-Based Research Network.

Mary Wilson BDS

Mary is a longitudinal dental foundation trainee in South East Scotland, which is a two year split-week post, allowing experience in general dental practice to be combined with rotations in the Edinburgh Dental Institute and within the Lothian salaried primary care dental service. Mary graduated from the University of Sheffield in 2006 and has recently passed part 1 of the Membership of the Faculty of Dental Surgery exams and hopes to complete part 2 in May 2008. Following completion of training in August 2008, she hopes to gain a

position within the salaried primary care dental service.

Linda Young

Research and Development Manager, Scottish Clinical Effectiveness Programme, NHS Education for Scotland.

Linda Young is a registered general nurse who graduated as a mature student from the University of Dundee with an MA Honours degree in economics. She is currently writing up her PhD in health economics. Before joining the SDCEP team Linda was a researcher for 3 years with the Scottish Dental Practice Based Research Network. Her research interests include the development of effective interventions to encourage the implementation of evidence-based practice and the evaluation of the effect of postgraduate dental education on student and health service outcomes.