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Dental Mirror

The Newsletter of the Glasgow Dental School

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We're Engaged!

Don't worry, you don't need to buy a hat or block a date in the diary. This is not about the union of two people, but a union of many hundreds, even thousands. In this issue of the Dental Mirror we share the stories of the Dental School's commitment to public engagement, locally, nationally and internationally. The University of Glasgow states clearly its dedication "to discovering and sharing knowledge which can change the world." Its doors are open and the institution supports a culture of public engagement. This, however, extends far beyond research activities and this issue shows how such a culture has opened up possibilities that affect patient groups, students and the wider community as a whole in many more ways than ever before.

Restart a Heart

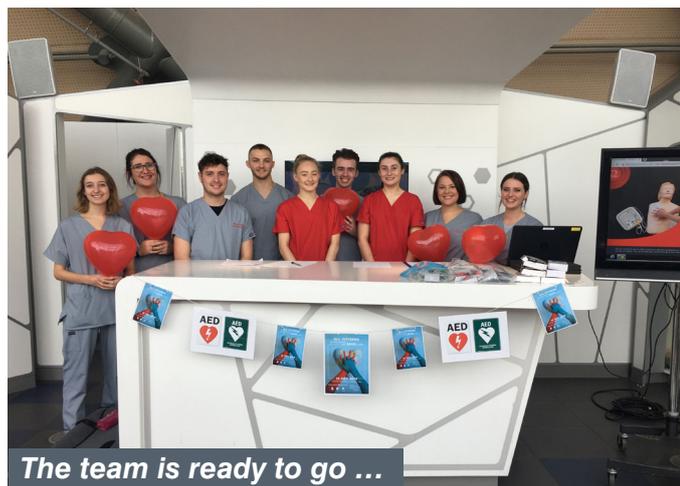
On 16 October this year, students from Glasgow Dental School, Dundee Dental School and Edinburgh Dental Institute took part in "World Restart a Heart Day" at the Glasgow Science Centre. This European Resuscitation Council initiative was unveiled in 2013 with the aim of raising awareness of out of hospital cardiac arrest (OHCA).

During this event, televised by STV, dental students provided CPR training to the public in a bid to increase the likelihood of bystander CPR, with attendant improved survival rates from OHCA. All ages received training, from children through to adults and each participant was awarded a certificate. The initiative aligns with the Scottish Government OHCA strategy, which aims to train 500,000 individuals by 2020, thus creating a nation of

lifesavers. It is hoped this will lead to an additional 1,000 lives saved. Part of this initiative includes funding to provide every local dentist with a defibrillator for use in the dental surgery, but which can also be utilised by the public in the event of an OHCA.

This year, by joining forces with our colleagues in Dundee and Edinburgh, we trained 368 visitors. Compared with training of 121 members of the public when we first joined the initiative in 2014, and 185 in 2017, this year's increased engagement was a remarkable achievement!

Many thanks to Lezley-Ann Walker, Dental Team Tutor, for her skilled and enthusiastic leadership of this community engagement activity by our students.

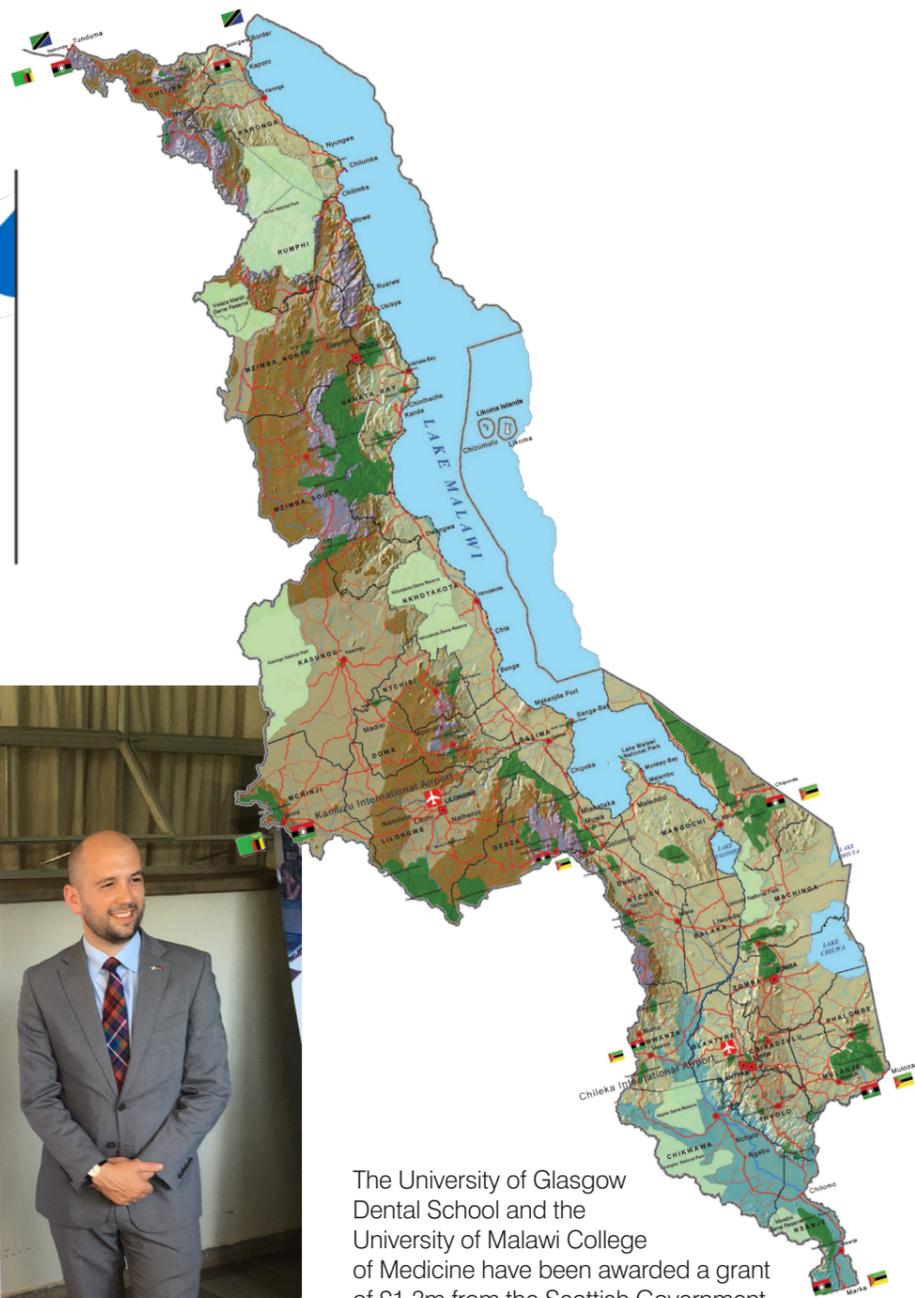


The team is ready to go ...



... and in action!

The MalDent Project – towards a Dental School in Malawi.



The University of Glasgow Dental School and the University of Malawi College of Medicine have been awarded a grant of £1.3m from the Scottish Government to support establishment of a Dental School in Malawi and to work with the Ministry of Health to establish an Oral Health Strategy for the country. This international engagement project will run for four and a half years.

There is massive unmet need for oral and dental care in Malawi. There are 36 dentists for the population of 18.8 million and most of these dentists work in private practice in the cities. However, the majority of the Malawian population lives in rural areas, so there is extreme inequity



(L to R) Nyengo Mkandawire, Jessie Mlotha-Namarika, Martha Chipanda, Jeremy Bagg and Peter Chimimba outside the Dental Department after running through the itinerary for the Minister's visit.

of access to dental care. There are currently three dentists working in hospital dentistry leaving 41 unfilled posts from the establishment of 44 posts.

This project aims to establish a BDS course that will run in parallel for the first two years with the excellent existing undergraduate medical programme. Malawian dentists require very strong surgical and medical skills, since there is little in the way of support from secondary and tertiary care services in the rural areas. In the early years, before a full cohort of dental academic staff has been appointed at the College of Medicine, teams of 'Flying Faculty' will be used to deliver concentrated blocks of teaching. The fourth and fifth years of the course will be very clinically focused and plans are underway for the design and construction of a Dental School building on the Blantyre campus of the College of Medicine to facilitate this teaching.

The second arm of the project is to establish a national Oral Health Strategy with a heavily prevention-based focus. The renowned Scottish Childsmile programme (see elsewhere in this edition) will form a basis for the work of a Malawian PhD student who will develop, under joint Malawian / Scottish supervision, a version of Childsmile that would be applicable within a rural environment in Malawi.

This is a very challenging project but the partnership working that has already developed bodes well for the future. If you would like to be kept abreast of the project's progress you can follow the blog at www.themaldentproject.com.

Peter Chimimba, University of Malawi College of Medicine Lead for the MalDent Project, with Ben Macpherson MSP, Minister for Europe, Migration and International Development, during the Scottish Government visit to the College of Medicine in Lilongwe, September 2018

Glasgow Dental Hospital donates dental chairs to Malawi Dental School project.

When the Oral Health Directorate of NHS Greater Glasgow & Clyde became aware of the MalDent Project they stepped forward and generously donated 16 dental chairs. The chairs had been removed some years ago from a clinic within the Dental Hospital and School during a refurbishment programme. Frances McLinden, General Manager of the Oral Health Directorate and Jackie Wilson, Clinical Service Manager of Glasgow Dental Hospital, saw an opportunity to contribute to the MalDent Project and thereby support the NHS Scotland Global Citizenship Programme, chaired by NHS GGC Chairman John Brown.

These chairs are destined for the Dental Clinic at Kamuzu Central Hospital in Lilongwe, which is currently used for the training of dental therapists and will subsequently also be one of the clinical facilities used by dental students when the BDS course commences in 2019. Of course, it is not as simple as packing and shipping these chairs across the globe. The charity Dentaid (www.dentaid.org) based in Salisbury has collaborated with us to ensure this goes without a hitch. Dentaid, with a long history of managing projects in Overseas Development Assistance recipient countries, will service and repair the donated chairs before they are shipped. They will then oversee the proper installation to ensure long service.

Three members of Glasgow Dental School staff, Will McLean, Mike Broad and Jeremy Bagg, recently drove a hire truck the 800 mile round trip to deliver the chairs to Dentaid headquarters where they were handed over to Stuart Bassham and John Elkins of Dentaid.



Mike Broad, Will McLean, John Elkins, Stuart Bassham and Jeremy Bagg with the offloaded dental chairs at the Dentaid headquarters near Salisbury

The Big Smile Big Band now with Special Guests

– by Callum Wemyss (Class of 2015)

Callum Wemyss the baton behind (or more accurately amongst) the Big Smile Big Band keeps us abreast of the bands' activities over the past year.

Glasgow Dental School Big Smile Big Band was back again this year. With a number of new staff and student members, enthusiasm for the band is stronger than ever. We played a very successful concert at the Royal College of Physicians and Surgeons of Glasgow in aid of the HOPE foundation (<https://hope.rcpsg.ac.uk/>) in April. At that event we were joined by Prof Alastair Sloan, Dean of Cardiff Dental School. Prof Sloan, a tenor saxophonist, was a busy man on the day, having already delivered a guest lecture at the Dental School and engaged in research discussions with Dental School staff. Prof Sloan performed a solo in a piece called 'Celtic Suite' which was chosen in celebration of the Scottish and Welsh Dental Schools coming together – more engagement! The event was an overwhelming success with over 100 guests and £625 raised for the HOPE foundation.

A week later, we appeared at the Annual Scottish Dental Awards with an after-dinner concert at the Hilton Hotel, Glasgow. This featured final year dental student Caitlin Millar and Lawrence Sharkey (Class of 2017) on vocals. Both gigs were well received, with rave reviews by the audience. This is a true testament to the talent the dental workforce has to offer. I want to thank all those involved for their hard work. It was a pleasure to see all the members of the band enjoying themselves so much.

What will next year hold for the band? Well what we have been doing has attracted attention south of the border and discussions are being held about the possibility of the Big Smile Big Band hitting the road to take part in an inter-schools big band concert next year. Watch this space...



Dean of Cardiff Dental School, Alastair Sloan, stands during a solo piece with the Big Smile Big Band during their fund-raiser for the HOPE Foundation in the College Hall of the RCPSG

Grins all round as Big Smile Big Band wins prize for Best National Smile Month Event at the Dental Awards 2018

The “Big Smile Big Band” (BSBB) has been named the Best National Smile Month Event at the Dental Awards 2018. The announcement was made at the Dental Awards Gala Dinner held at the Hilton Birmingham Metropole on May 18th, 2018. Members of the BSBB organising committee and representatives from the British Endodontic Society, the major sponsor of the event, received the award that was presented by Professor Liz Kay.

The BSBB event was the University of Glasgow Dental School's contribution to the UK Oral Health Foundation's annual National Smile Month campaign 2017. The attempt took place at the Scottish Events Campus Centre, Glasgow on Friday 9th June, 2017. It brought together 756 participants, wearing red and white ponchos, to complete the Big Smile and claim a Guinness World Record.

Will McLean one of the BSBB organising committee members said

“The Big Smile Big Band team is honoured to have been named as the winner in this strongly contended category. It has been a real pleasure to have promoted the importance of good oral health by showing that people really do make Glasgow smile!”

Big Smile Big Band awarded Best National Smile Month Event. (L to R) Mike Waplington (Past-President BES), Zoe Lyons (host of awards), Will McLean, Elizabeth Todd (Class of 2017), Lydia McGowan (Class of 2017), Annabel Thomas (Chief Operations Officer - BES), Jeremy Bagg.



Some of the first BDS graduates of the University of Rwanda, November 2018

University of Glasgow and University of Rwanda, Dental School Partnership - by Niall Rogerson (Class of 1981)

This institutional link, now in its fourth year, began when in 2014 Professor Philip Cotton, Professor of Learning and Teaching, University of Glasgow (UoG) and currently Vice-Chancellor of the University of Rwanda (UoR), suggested collaborations between Glasgow Dental School and the Dental School in Rwanda. The UoR had recently introduced its first Bachelor of Dental Surgery (BDS) programme.

With the support of the University of Glasgow's International Partnership Development Fund Niall Rogerson, a Clinical University Lecturer at Glasgow, has made annual visits to the College of Medicine and Health Sciences in Kigali. Inter-school collaborations include sharing of educational resources, international continuing professional development activities, external examiner roles, global health education and undergraduate elective exchanges. In support of this partnership, Dr David Felix, Postgraduate Dental Dean for Scotland, agreed that the NHS Education for Scotland (NES) e-resource Scottish Dental Education Online (SDEO) could be shared with colleagues at the UoR, enabling the UoR to engage with this electronic repository. During 2017 and 2018 UoG level 4 BDS students collaborated with Rwandan dental students in elective projects resulting in the production of oral health self-examination and oral hygiene instruction videos. Glasgow

Dental School looks forward to hosting a UoR BDS student for a period of elective study in February 2019, funded with support from the Glasgow Odontological Society (<https://www.glasgowodonto.org>).

The first cohort of dentists educated in Rwanda graduated this November – a cause for great excitement and celebration and a source of encouragement to neighbouring countries, like Malawi, which are seeking to develop their own dental schools. The UoG's partnership with this rapidly developing new Dental School is on course to provide exceptional opportunities for a wide range of collaborations, which will advantage patients, students and staff.

The overarching theme that has emerged from this partnership with the UoR and engaging with other international faculty is that the education of both dental therapists and dentists within the country is essential to establish an effective and sustainable oral health service. This principle of working within a framework of national educational programmes should underpin the mission objectives of international organisations and should be considered as the optimal model that can assist with establishing a service for the needs of the populations in developing countries.

Childsmile – Spreading smiles across the World!

– by David Conway (Class of 1996)



Earlier this year the Dental School's Community Oral Health (COH) research group hosted an international Childsmile symposium. It was an opportunity to share the results to-date from the evaluation, reflect on progress made, and

discuss the next steps for the programme and its evaluation. A diverse group of local Childsmile teams from across Scotland attended, alongside participants from the World Health Organisation, the Ministry of Health of Chile, and from across the UK and Europe. The key message from the day was the substantial improvement in child oral health in Scotland delivered by the Childsmile programme. This transformation was put down to several important achievements including strong and successive government commitment and policy leadership built on strong national multidisciplinary collaborative and partnership working between national and local government, the NHS, education teams and Universities.

Nevertheless, it was also highlighted that challenges remain – particularly in relation to tackling oral health inequalities, which still see children from the most deprived communities bearing the greatest burden of disease. Sadly, dental extractions under general anaesthetic remain the most common reason for children to have an elective hospital admission.

The integrated evaluation, led by the Community Oral Health group, was perceived as a real strength to monitoring and developing the programme, and in assessing its effectiveness. The economic evaluation of Childsmile is widely used as a case-study of preventive spend. The next steps for Childsmile were discussed including:

- optimising the existing programme – including focusing on vulnerable groups (e.g. children from very deprived communities, looked after children, black and ethnic minority children, and children with additional support needs)
- further developing the community engagement work with community and voluntary groups

- influencing wider policy e.g. Early Years and Obesity strategies
- further learning from best practice internationally and also supporting the adoption and adaptation of the programme across the world.

The COH group / Childsmile programme has hosted visits by international colleagues from as far afield as New Zealand, Australia, Thailand, Chile, Brazil, Nigeria, Israel, Eastern Europe, Netherlands, and even England! These visits have also led to the development of collaborations.

The COH research group is working closely with colleagues from the Chilean Ministry of Health and University of Chile on the evaluation of their national child health programme Sembrando SonRisas (translated to “spreading smiles”) - which they describe as a little sister project to Childsmile. Andres Celis will soon be joining the group on a Chilean Government Scholarship to study for a PhD to begin this evaluation.

In January 2018, the COH group hosted a workshop in Glasgow together with the World Health Organisation (Oral Health Leads), funded by the Borrow Foundation (www.borrowfoundation.org/) with dental colleagues from the countries of South Eastern Europe (Albania, Bulgaria, Croatia, Romania, Serbia, and Slovenia). This work continued with a further workshop held in the Public Health

Institute, Zagreb, Croatia in June, where a pilot kindergarten toothbrushing programme is now being developed.

Finally, the COH group participated in a meeting with colleagues from Malawi to begin to discuss how Childsmile prevention could be built-in from the start of the development of an undergraduate dental degree programme and future Dental School in Malawi. Since then the Scottish Government has awarded the University of Glasgow a grant to take this work forward and COH look forward to working closely to further spread Childsmile in this part of the world.

At the recent European Association of Dental Public Health Congress in Mallorca, we were delighted that one of our research team, Bill Wright, won the first prize in the GSK Prize Presentation Competition. Bill is the Trial Manager on the Childsmile PT@3 (Protecting Teeth @ 3 years) randomised controlled trial of fluoride varnish in nurseries. This was a great achievement for Bill, sharing the findings of this important trial with an international audience.

The group is now developing a course suitable for both local and international participants on the development of theory-based child oral health improvement programme. For further information or to express an interest in attending please contact: lorna.macpherson@glasgow.ac.uk

For further updates on the Childsmile evaluation follow us on Twitter @UoGChildsmile

Workshop exploring the barriers and facilitators to implementing Childsmile in Croatia, June 2018

Visit to Sembrando SonRisas programme in Chile and discussions with Ministry of Chile on evaluation, October 2017.

Preliminary discussions with University of Malawi on developing preventive programmes in Malawi, March 2018

Benoit Varenne, World Health Organisation Oral Health Lead, at the Childsmile Symposium, January 2018.

Early Childhood Caries Workshop with colleagues from across South East Europe, the WHO, and the Borrow Foundation, Glasgow, January 2018



GOHISS Goes from Strength to Strength

– by Chloe Lockwood and Lucy Malcom (Class of 2019)

Glasgow Oral Health Improvement Student Society recently elected a new committee for the forthcoming year 2018/19. As you may know, the student run society aims to reach out across Glasgow to educate about the importance of good oral health whilst promoting friendly, approachable care. With a particular focus on prevention, GOHISS educates and encourages good oral hygiene regimes through the activities carried out across the year.

GOHISS has seen great successes over the past few years and currently has partnerships with Everlasting Food Bank and Glasgow City Mission providing a platform to distribute

dental products and deliver oral health advice and information. The experiences gained by all the students involved are valued and GOHISS is extremely grateful for the opportunity provided by these partner organisations.

During Mouth Cancer Action Month and National Smile Month, GOHISS runs a stall on Buchanan Street to raise awareness and to reach a wider audience. Last year the team managed to share advice regarding oral cancer awareness with approximately 500 people, a great achievement and this year aims to build upon this. The society recently

recruited new volunteers from BDS2 year and hosted a training day so they could find out what being part of the society involves and what they will have the opportunity to take part in over the coming academic year. The day had a great turn out and GOHISS is hugely excited about its expanding membership.

Please don't hesitate to contact GOHISS at

gohiss.gla.@gmail.com if you know someone who may benefit from GOHISS or if you know of anything GOHISS can benefit from!



Tenth Birthday for Adult Outreach

– by James Donn (Class of 2000)

In the summer of 2018, the Adult Outreach Programme reached the end of its first decade of operation. The Adult Outreach programme began in its current form in August 2008, after successful pilot schemes in Greenock and Kilmarnock. Expansion of the scheme has seen Adult Outreach centres established in eight locations - Campbeltown, Carronshore, Coatbridge, Dumfries, Kilmarnock, Langlees, Paisley, and Vale of Leven. Many of the Outreach centres are in areas of deprivation and provide essential dental care to the local community.

The centres represent a collaboration between NES who provide funding, the NHS host health board and the University of Glasgow. In total, some £32 million in capital investment in the infrastructure of the National Outreach Programme has given the University of Glasgow a clinical outreach programme highly regarded by

patients, staff and students alike. The Adult Outreach Programme offers students the chance to develop their clinical skills in a supported environment, in modern well-equipped surgeries and working within a dental team environment akin to that found in a dental practice setting. This practical experience acts as a valuable stepping-stone towards vocational training and general dental practice.

Professor Jeremy Bagg said of Outreach "This is a vital part of the BDS curriculum. Its continued success and recruitment of suitable patients are essential to ensure our graduates have the necessary skills on graduation to provide high quality care to their patients".

The changing face of the dental workforce in Scotland along with high dental registration rates pose some challenges for Outreach in terms of patient recruitment. However, continued engagement with NES and the host NHS boards will ensure that Outreach will still be going strong in another ten years.



James Donn (Outreach Lead – Class of 2000), Alun Scott (BDS 5 Course Coordinator – Class of 1988) and Mike Dickson (Outreach Teacher – Class of 1996) with the tenth anniversary birthday cake

My year in vocational training – prepared but still learning!

– by Lizzie Todd (Class of 2017)

Although at first glance it may not seem engagement activity, the dentists we produce have always been our biggest and most impactful form of engagement. From all of those reading this to all that will come after we are intensely proud of them. Lizzie, a recent graduate, talks about her year in VT.

This short article will be a collection of my thoughts on my first year out in the world of general dental practice, after graduating from the University of Glasgow in 2017. I was warned that coming out of Dental School is like passing your driving test. You are a safe beginner, ready to take on the challenges of NHS dentistry, but you have still got an awful lot of learning ahead - although, in this case, it feels a bit more like you're also driving a new car, on a road you've never been on before. It's intense.

The first few months were, admittedly, hard going. You are tired, you are stressed, and you are waking up in the middle of the night thinking about your patients and the challenges of the job. It can be overwhelming to start with, especially as most dentists share the character trait of being perfectionists who aren't used to failure. You soon learn how to deal with things that haven't gone exactly to plan, patients who just can't warm to you and treatment plans that seem to continue for an eternity.

So, how did Dental School prepare me for life in the "real" world? There are the obvious factors; biased as we all are, we like to consider Glasgow as the best Dental School out there (and the league tables don't lie). This means that we have a very carefully constructed course, we are gradually built up year by year to be able to cope with an increased work load of patients, and we have constant assessment and supervision to ensure that we're on the right track, and that we know how to fix it if we aren't. It was always

going to be a big jump up from seeing a maximum of five patients in one day, to five in a morning on your first day, to whatever other dizzying heights your VT practice catapults you. However, there is another way that the Dental School prepares you, having nurtured the safety net provided by your peers.

All the way through the five-year course at Glasgow, you work closely with your colleagues, you learn with them, live with them, celebrate and commiserate with them. It builds an incredibly strong bond between a few of you, one that will hopefully stand the test of time.

You realise after leaving that you have developed a network of friends, colleagues, past teachers, present trainers and nurses. Your core group of Dental School friends means that you have people going through exactly the same thing as you, understanding why you're stressed, or offering hints and tips about what works for them. Most importantly, they are there to sit back and have a laugh with you on a Friday night when you reminisce about the week just past and look forward together to the next phase of the journey ...



Lizzie Todd (second from right – Class of 2017) with her classmate Lydia McGowan (Class of 2017) and Big Smile Big Band leader Callum Wemyss (Class of 2015) relaxing at the Royal College of Physicians & Surgeons of Glasgow Dental Faculty Dinner, November 2017

Dental Mirror

The Dental Mirror can also be found on the University of Glasgow Dental School website - www.glasgow.ac.uk/schools/dental so feel free to click on that and read our online Dental Mirror.

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