



Ed's letter



BDJ Team was launched in 2014 and soon after, *BDJ Team CPD* was launched on the BDA's CPD Hub. This user friendly website has been a huge hit with DCPs; as of October this year there were 1,476 unique users of *BDJ Team CPD* and they have completed almost 8,000 hours of verifiable CPD related to articles published in *BDJ Team*.

Cheryl Goodenough, a dental nurse in Gloucestershire and mum of two, says that *BDJ Team CPD* has 'great ease of use and can be done anywhere at any time, it's great for a working mum', and she would 100% recommend it to other DCPs. Ingrid White, a dental nurse in Harrogate, appreciates *BDJ Team CPD*'s simplicity: 'I like the variety of topics covered and that there's only four questions to answer'. If you are looking for an easy way to top up your CPD hours, read our mini interviews with CPD Hub participants in this issue, which also includes some FAQs if you're a newbie. Caroline Holland has written part 2 of her article on social media influencers this November: this time she focuses on the 'mummy influencers' and the huge impact dental professionals such as @themummydentist and @dentalmummy can have on the public, in particular new parents. Have you been strongly influenced by something you saw on Instagram?

We're back to medical emergencies with our CPD article this month, with an important update on how to treat burns. The recommended time to hold burns under cool running water has changed... make sure you're up to date.

You may have spotted a news story last month about the youngest qualified CDT in the country, Sheena Lakhnarpal. I caught up with Sheena to find out more about her career to date.

This is the final issue of *BDJ Team* this year but we will be back with a bang in 2020 with lots of juicy content to help you give the boot to any January blues.

Season's Greetings to all our readers!

Kate

Kate Quinlan
Editor
k.quinlan@nature.com

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THE TEAM

Cover
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Editor-in-Chief
Stephen Hancocks OBE

Editor
Kate Quinlan

Production
Art Editor: Melissa Cassem
Production Editor: Sandra Murrell

Advertising
European Team Leader - Academic Journals:
Andy May, +44 (0)20 7843 4785,
a.may@nature.com

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