



Ed's letter



The most popular article in last month's *BDJ Team* shared on our Facebook page was dentist Sharif Islam's declaration of admiration and gratitude towards his dental nurse colleagues in *Dear dental nurse* (<https://go.nature.com/3pSvKsE>). I am glad that Sharif's account was well received, but hope that not all of our dental nurse readers feel undervalued or overlooked. If you would like to give a positive shout out for your dentist colleague/principal, drop me a line or send me a Facebook message!

This month Sharif turns his attention to dental receptionists, or as he refers to them: 'exemplars of multi-tasking'. There is a lot of truth in Sharif's reflections, and they will also make you chuckle.

Our cover story this June is a great forerunner to our DCP research-themed issue planned for this September. Student dental therapist and *BDJ Team* reader panellist Sophie Haddley presents her literature review on autism and caries prevalence. If you would like to submit an article for the DCP research issue, the deadline is 23 July 2021. I have already received some fascinating content on a wide range of topics.

Also this month, Kate Peysner, a dental hygienist and therapist and a clinical tutor at the University of Sheffield, writes on the benefits of group-learning and information-sharing in the dental team; Caroline Holland introduces 'the first academic home for the dental team'; Dominika Jaslikowska explains why DCPs are perfectly placed to promote sustainable living to patients; and we share the dental lowdown on plant-based milk and a global review of DCP career pathways.

If recent times and career pressures are all getting a bit too much for you, take a tip from Pam Swain and try meditation. Pam has been meditating for more than 30 years and says that it helps her to deal with stress and potentially overwhelming situations such as attending dental conferences.

I hope that you have been experiencing some stress relief in the increased time we have all been able to spend with extended families and friends lately, and some lovely sunshine!

Kate

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<https://doi.org/10.1038/s41407-021-0657-1>



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©skynesher/E+/Getty Images Plus

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Publishing
Publisher: James Sleigh
British Dental Journal
The Campus
4 Crinan Street
London N1 9XW

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