

« Thursdays for me can either be clinical with the dental officer who works with us three days a week treating our regular patients, or in the University Dental Hospital Sedation Department, undertaking intravenous sedation on extremely nervous adults who are ASA I (American Society of Anesthesiologists) and ASA II or additional care adults who are ASA III. Again these patients can be extremely challenging. The most challenging are sometimes given oral sedation before they are given IV sedation and some may even need IV sedation with propofol and an anaesthetist. I feel these sessions are rewarding because you manage to achieve the treatment planned and the patient is able to cooperate, which under normal circumstances they wouldn't be able to.

In-between clinical duties I am also responsible for the daily upkeep of the clinic, the stock, ordering and maintenance of the equipment. I run the sedation waiting list for the Rhondda,

Cynon and Taff Ely CDS, I am Chair of the Clinical Advisory group and a member of the Quality and Safety group for CDS.

I love my relationships with my regular patients; you get to know little things about them and they really appreciate you asking about these things and taking the time to remember. I also love the special care element to the job as I feel I am really helping to make a difference in that person's oral care and in keeping them healthy. I also love mentoring other nurses and meeting new people when I examine for the Dental Nurse Diploma.

Working with the public can sometimes be very challenging as their perception of what they need can be a lot different to what they actually need. We work in a sector where a lot of people dislike or are phobic of going to the dentist, so initially they can be very aggressive or uncooperative. The challenge is to get that person to overcome

this and learn to trust us, or to explain things to them and calm them. This can take a lot of emotion out of you as a person because we are only human after all and being told multiple times a week 'I hate the dentist' can be exasperating. Dental nurses should be renamed as diplomacy experts as we face the full force of the patients' frustration, anger or fear but by the time they reach the surgery their behaviour changes.

Outside work I enjoy running, reading, watching Formula 1 and American football. This year we're looking forward to a family holiday to Disneyland Paris.

I am vegetarian but the rest of the household are carnivores. Some people may think I am over the top with my children's diet and their sugar intake but I see on a daily basis what damage too frequent an intake can do to a child's mouth. A treat is fine but any more than that becomes junk. ■

## Charity focus

### Supporting migrant workers in Singapore

Henry Schein Dental UK supports HealthServe's dental clinic in Singapore by providing oral health treatment to migrant workers including prophylaxis, fillings, extractions, and surgical procedures.

HealthServe is a non-profit organisation dedicated to providing healing and hope to disadvantaged migrant workers in Singapore through a holistic approach inclusive of access to medical clinics, casework, social assistance as well as advocacy, research and outreach programmes. HealthServe was founded in 2006 on Christian values and since then has helped over 5,000 migrant workers.

### Treating children in Argentinian slums

More children living in the slums of Buenos Aires will be provided with free dental care after international dental charity Dentaid



made a grant to Todos Juntos Children's Trust, a charity dedicated to improving oral health in the Argentinian capital.

Last year Todos Juntos provided 35,000 dental treatments for children living in desperately poor communities in Buenos Aires. The charity was established in 2005 after its founder, Fiona Watson, realised the extent of tooth decay among Argentinian children and the effect that a lack of access to dental services was having on their lives. Todos Juntos now operates three Sonrisa (meaning smile) clinics in Buenos Aires which provide free dental treatment for underprivileged children. The charity also runs oral health education sessions in surrounding schools (pictured), distributes toothbrushes and toothpaste and gives one-to-one hygiene sessions for all its young patients. Services are provided by Argentinian dentists funded by Todos Juntos.

### Fundraising for East Africa

Bridge2Aid is gearing up for its national fundraising day – Smile in Pink. This is a day during National Smile Month when people in the UK dental community come together to wear pink and fairy wings proudly for a very good cause – to ensure millions in East Africa have access to safe emergency dental treatment. This year, the event will take place on 2 June and Bridge2Aid is rounding up businesses, organisations, dental practices and supporters to join forces with thousands of others who

believe that everyone has the right to be pain-free.

To register for Smile in Pink Day 2017 and receive your participant kit, email [smilein-pink@bridge2aid.org](mailto:smilein-pink@bridge2aid.org).

### Mission to Myanmar

Henry Schein Dental UK supported Burmadent charity's recent mission to Myanmar (formerly Burma) by donating urgently needed healthcare products. During this mission, which has also been supported by dental materials provider VOCO, seven volunteers, four of whom were dentists, took care of more than 620 patients in nine days in remote rural areas of Myanmar. In addition, aftercare education was given.

Myanmar has poor dental services. There is no access to dentistry and oral neglect is rife. Many of the people are unable to afford or access dental treatment. Following a chance encounter while on holiday in Myanmar in 2012, Sharon Bierer and Henrik Overgaard-Nielsen organised a trip to Inle Lake in November 2012 to provide dental care to orphans at the Mein Thauk orphanage. Accompanied by two Burmese dentists and Lesley Naismith from Henry Schein Dental UK, they treated more than 1,200 patients around Lake Inle. As a result of this successful trip, Burmadent was founded and registered as a charity in the UK in 2013.