

Honours, awards, appointments

Highly commended self-help guide

A self-help guide for children who are scared of the dentist called *Your teeth you are in control* was highly commended at the prestigious British Medical Association Patient Information Awards 2017 held at BMA House in London on 18 September. The guide was also shortlisted for a special award for innovative resources aimed at children.

The development of the resources was led by academics at the School of Clinical Dentistry, University of Sheffield and uses cognitive behavioural therapy (CBT) techniques to reduce children's anxiety about going to the dentist. The resources have been designed *with* children to help them work with their dentist. The team found that 73% of children felt a lot less worried about visiting the dentist after using the resources.

The research was published in *JDR Clinical and Translational Research*, funded by a grant from the National Institute for Health Research and sponsored by Sheffield Teaching Hospitals Trust.¹

Poster prize winner

Jonathan Davies, a PhD student from the Plymouth University Peninsula School of Dentistry, has won the Unilever Poster Prize for his poster and presentation focused on Primary Sjögren's Syndrome (PSS) and the use of stem cells in salivary gland regeneration. By developing a 3D model of the salivary gland, Jon was able to investigate the role that cells performed in the gland's development and regeneration, and how these cells are affected by PSS. By eventually identifying how to start the regeneration mechanism, it could help to improve the quality of life for patients with the condition.

The Unilever Poster Prize was awarded at the British Society for Oral and Dental Research (BSODR) annual conference, which was held in Plymouth last month.

Honorary Doctorate

Sara Hurley, CDO for England, has received an Honorary Doctorate of Health from the University of Plymouth at a ceremony on the city's waterfront alongside graduates from the Peninsula Schools of Medicine and Dentistry.

1. Porritt J, Rodd H, Morgan A *et al.* Development and testing of a cognitive behavioural therapy resource for children's dental anxiety. *JDR Clin Trans Res* 2017; **2**: 23–37.

Top 5 most talked-about BDJ articles of the year

Did you know that the *BDJ* is the number 1 ranked dental journal in the world according to Altmetric?¹ Altmetric is a great tool for helping us find out how popular our articles are in the world of social media, news and blogs so here is a rundown of the top five articles, according to Altmetric score. Which topics got our readers talking?

1. Research: Evidence summary: the relationship between oral health and pulmonary disease

<http://www.nature.com/bdj/journal/v222/n7/full/sj.bdj.2017.315.html>

In this second of four rapid reviews by Jenny Gallagher *et al.* the authors explored the evidence on the relationship between oral health and pulmonary disease. Their results showed that oral health and oral hygiene habits show associations with lung diseases and that incidences of pneumonia can be reduced by oral hygiene measures.

2. Research: Knowledge of and attitudes to sports drinks of adolescents living in South Wales, UK

<https://www.nature.com/bdj/journal/v222/n12/full/sj.bdj.2017.542.html>

The boom in the sports drinks market may contribute towards the high levels of free sugars consumption among adolescents. Here Ruth Fairchild and colleagues examined children's knowledge and attitude towards sports drinks. Results showed that even though many children were aware of the detrimental effects of the drinks, they still regularly drank them.

3. Practice: Minimal intervention management of the older patient

<https://www.nature.com/bdj/journal/v223/n3/full/sj.bdj.2017.660.html>

In August we published a very successful and popular minimum intervention (MI) themed issue. A highlight of the issue was Laurence Walsh's clinical article about the MI management of the older patient. Walsh discussed the oral health-related risks associated with an ageing population. He suggested that root surface protection, involvement of the whole healthcare team and promotion of self-care, among other factors, were extremely important in maintaining the dentition of older patients.

4. Research: Evidence summary: the relationship between oral and cardiovascular disease

<https://www.nature.com/bdj/journal/v222/n5/full/sj.bdj.2017.224.html>

This paper, the first in the series of four rapid reviews by Jenny Gallagher *et al.*, examines the evidence on the relationship between oral health and cardiovascular disease. Results supported an association between cardiovascular disease and oral health, for example there was robust evidence of increased risk of atherosclerotic vascular disease among individuals with chronic periodontitis.

5. Research: An investigation into denture loss in hospitals in Kent, Surrey and Sussex

<https://www.nature.com/bdj/journal/vaop/ncurrent/full/sj.bdj.2017.728.html>

This study by Jessica Mann and Mili Doshi looked at the effect of denture loss on patients and the financial burden this places on NHS Trusts. The authors note that the loss of dentures can have a significant detrimental effect on patients' wellbeing and the reimbursements the NHS trusts made over a six-year period suggest that denture loss is an unnecessary financial burden.

By Jonathan Cole

1. Kolahi J, Iranmanesh P, Khazaei S. Altmetric analysis of 2015 dental literature: a cross sectional survey. *Br Dent J* 2017; **222**: 695–699.