



Ed's letter

CPD:
ONE HOUR



Twenty free hours of CPD! That's right, now that the November issue of *BDJ Team* is published, there are 20 hours of free verifiable *BDJ Team* CPD available on the BDA CPD Hub: ten hours from articles published in 2016 and ten hours from articles published in 2017. If you've just registered on the CPD Hub (all GDC-registered DCPs are welcome) you will be in good company as there are currently 2,408 active users of *BDJ Team* CPD. To access the CPD Hub, go to <https://cpd.bda.org/index.php>. There is also a recap of all 20 CPD articles available, later on in this issue.

The 20th hour of CPD itself can be obtained from reading dental hygienist Linda Douglas' cover story *Trauma-informed, sensitive practice*. Linda explains how patients may fall into the 'more challenging' category as a result of mental health issues, like dental phobia, and this phobia might be a consequence of negative experiences in the past. Linda goes on to outline how dental professionals can help and facilitate feelings of safety in the dental setting for patients.

Also this month award-winning dental hygienist Anna Middleton discusses patient options for tooth whitening and stain removal, and how best to manage high expectations.

Lisa Bainham, President of ADAM, provides a spotlight on dental practice managers - their current concerns and the evolution of their role; we delve into the archive for a look at the dental nurse role back in the mid-1990s; and publish research on social media and professionalism.

So that's 20 hours of CPD and ten issues of *BDJ Team* done and dusted for this year! What are your plans for 2018?

Kate

Kate Quinlan
Editor

k.quinlan@nature.com

20 hours
of CPD!
Why didn't
you tell me?



bdjteam2017166



Sensitive practice, p18



To clean or whiten? p15



Focus on DPMs, p27



THE TEAM

Cover
©Zero Creatives/Cultura/Getty Images Plus

Editor-in-Chief
Stephen Hancocks OBE

Editor
Kate Quinlan

Production
Art Editor: Melissa Cassem
Production Editor: Betty Bohane
Digital Editions Production Controller: Natalie Smith

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

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

© *British Dental Association* 2017. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by

any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the *British Dental Journal*.

The opinions expressed in this publication are those of the authors and not necessarily those of the British Dental Association or the editor. Appearance of an advertisement does not indicate BDA approval of the product or service.