

Dental nurse in the spotlight

My name is Farzana Sacranie and I am 51-years-old. I was born in Harare, Zimbabwe. I am married and have two daughters. I live in Leicester with my husband and my eldest daughter.

Usually I wake up at 6.30 am Monday – Saturday and start off with a light breakfast which is fruit and black coffee. I drive to work which is 10.6 miles away from home.

I am at present employed at Glenfield Dental Practice in Leicester where I work Monday to Friday 9 am-5.30 pm and also the first Saturday of every month. My role is varied depending on each day where I may be asked to complete administrative duties, provide chair side support or cover reception, which I enjoy because no one day is the same.

I also work at the Dental Access Centre as and when required at weekends as a bank dental nurse. My role here is to provide chair side support and reception until I am triage trained. In addition to my role as a dental nurse I also work as an OSCE Examiner for NEBDN.

Before I started working for Glenfield Dental Practice and the Dental Access Centre I worked for a local college as a Trainer Assessor and Internal Quality Assurer where I supported trainee dental nurses in achieving their Level 3 Diploma in Dental Nursing.

The qualifications I hold include the National Certificate for Dental Nurses, Licentiateship in Dental Nursing, PTTLs, Lead IQA, TAQA, and First Aid at work.

I actually find each day challenging in my role, as it is so varied. One minute I can be providing chair side support and the next covering reception or decontamination/admin.

At Glenfield there are ten dental nurses, six receptionists, four hygienists, five dentists, one practice manager and one administrator.

The treatments provided at the practice are examination, cosmetic treatments, implants, minor oral surgery, periodontal treatment, fillings, orthodontic and various other treatments to suit patients' needs.

In my second role at the Dental Access Centre the treatments are limited to short term solutions to a problem such as temporary dressings, prescriptions, dry socket treatment and extractions.

I mostly eat lunch at the practice which I take from home; this could be either soup and fruits or a traditional rice dish with salads.

I tend to do CPD in my own time at the moment due to time constraints.

I get home at around 6:10 pm daily and start cooking for my family and then have dinner just after 7 pm and then relax.

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I enjoy charitable work, jogging, walking, going out with friends/family and baking.

I have booked my holiday to Marrakech in May 2017 and I am looking forward to this as I have never been there before, I have also planned to complete a 5k Race for Life in July 2017 and raise more money than last year.

We are a very health conscious family, and tend to have treat days to protect our general and oral health.

My bedtime is varied; I could be in bed as early as 9 pm or as late as midnight.

If I hadn't become a dental nurse I would have been in the beauty trade as I am a qualified Beauty and Holistic Therapist.



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