

Ed's letter

Stress is a terrible thing. It undermines our health, takes its toll on relationships and makes our working lives fraught. We know all this and yet sometimes it's hard not to fall victim to it. Cary Cray-Webb, who inspired our cover for February, gives (page 13) a very good overview of the pernicious nature of stress and how it can gradually overwhelm you.



With the results of a major study on stress among dentists, Cary's article is timely. Dental nurses are often the buffer between a dentist and the practice reception. Without an enlightened management or practice owner, you are at the sharp end. If your dentist is stressed, the patients are anxious and the reception team operating under pressure, stress can be inescapable.

I hope the right people read Cary's article and sit up and take notice. Staff recruitment is a big issue in dentistry and creating the right conditions for all employees to thrive is imperative.

My feature on the BADN long service awards (page 31) as well as the news story about Hazel Coey (page 6) throw a light on the amazing work that dental nurses do and how it's possible to keep advancing your career with the right aptitude and determination. Maureen Stone (page 33) is a perfect example of the caring and courageous qualities that dental nurses have. Another article in this issue which I hope gains some traction is Debbie McGovern's piece (page 23) about her ambitions while she is President of the British Association of Dental Therapists. She predicts that change is on the way but first there needs to be greater understanding of the work that dental therapists can undertake.

Our February issue launches (page 25) a series dedicated to research. The first article is written by two academic trainees and explains how to get ethical approval for research. Coming up in future issues we have contributions from a dental nurse and a dental hygienist, both working in research.

Of course, we try and give consideration to your training and CPD needs. Claire Berry reviews a perio update course she attended while Mark Foster outlines the training required for safeguarding, now essential in dental practices.

In her third article (page 8), Emma Hammett supplies detailed advice on how to operate in an emergency and this month she writes about defibrillation. She tells the inspiring story of how footballer Fabrice Muamba's life was saved thanks to the team at White Hart Lane being trained in the use of an AED and in CPR. Emma's practical guide is the basis for your CPD in February and I predict you will find it most useful!

Caroline

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BADN members beyond reproach rewarded with a loyalty brooch!

Long service recognition p31

We have the **skills**, now let us use them!

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Could you use an AED? p8

THE TEAM

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