

Evidence-Based Dentistry

Here we take a look at what's been published in *EBD* that you may have missed!

Impacts of smoking on oral health – what is the role of the dental team in smoking cessation?

Amaral A L, da Costa Andrade P A, Lwaleed B A, Andrade S A. *Evid Based Dent* 2023; **24**: 186-187.



Whilst we have known for some time about the detrimental effects that smoking has on both general and oral health, this Comment clarifies and quantifies the effects on the oral cavity specifically. This was exactly the aim of the *EBD* Smoking Cessation special issue, in which this paper features, and which is also still open to submissions of both Comments and Systematic Reviews.

In addition to outlining the adverse oral health-related effects of smoking, this Comment also demonstrates the significant role that the dental team can play in assisting people to quit the habit. However, the authors point out that this can only happen if comprehensive training and education programmes are put in place so that dental teams can be integrated into multidisciplinary smoking cessation teams.

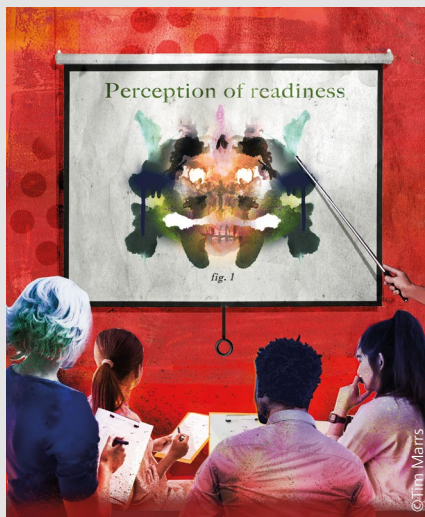
Find out the barriers and potential solutions here: <https://www.nature.com/articles/s41432-023-00930-3>

BDJ In Practice

Here we take a look at what's been published in our sister publication, *BDJ In Practice* that you may have missed!

The perception of readiness

Westgarth D. *BDJ In Pract* 2023; **36**: 14-18.

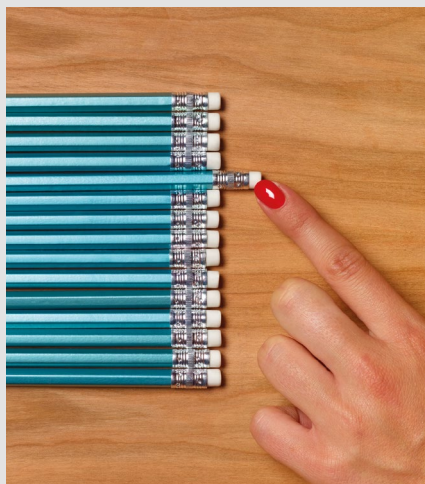


In October's issue, we took a closer look at what the perception of readiness really means. For example, some students felt they were ready for clinical practice when their tutors felt otherwise – and vice versa. How does reality differ for each individual? What does readiness mean? You'll find an excellent contribution from *BDJ Student* reader panel member and 5th year dental student at Queen's University Belfast, Brianna Gormley in there, too.

To read the full article, visit www.nature.com/articles/s41404-023-2175-7.

How to overcome perfectionism

Rahman D. *BDJ In Pract* 2023; **36**: 20-21.



In November, author and mind coach David Rahman addressed the very popular topic of perfectionism in dentistry in which he said 'noted that dentistry is a discipline where perfection can be both a blessing and a curse. Whilst there is a desire to seek the best result for the patient, there may be an underlying anxiety which accompanies the unconscious need to get the perfect result. This can take a toll on the dentist's mental and physical health, thereby affecting other areas of their life.'

As a dental student, it will be a topic many will have encountered. David's step-by-step methodology to overcoming the sensation is a must-read.

To read the full piece, visit <https://www.nature.com/articles/s41404-023-2185-5>.

'Things need to be done differently and new ideas need to be brought to the table'

Westgarth D. *BDJ In Pract* 2023; **36**: 9-11.



Yaqoub Imran

In this interview with student editor Yaqoub Imran and reader panel member Maryam Al-Dubooni, we discussed the NHS Long Term Workforce Plan's suggestion to introduce 'incentives or other measures, such as a tie-in period, that encourage dentists to spend a minimum proportion of



Maryam Al-Dubooni

their time delivering NHS care in the years following graduation.'

What did fourth and fifth year students make of it? Were they broadly supportive or rejecting it on principle?

To find out what they said, check out the free-to-view article at: <https://www.nature.com/articles/s41404-023-2224-2>.