The BDJ Team Top 10 articles 2019

A countdown from 10 to 1 of the most popular articles accessed in *BDJ Team* in 2019 [number 1 had the most views in 2019].

10

Disposing of dental and clinical waste

A CPD article written by Rebecca Allen of Initial Medical published in 2014, outlining categories of waste collected in the dental practice; healthcare waste legislation; paperwork; waste streams and colour coding.

https://www.nature.com/articles/bdjteam201438

©Initial Medical

9

Managing patients with rheumatoid arthritis

A 2017 article, originally published in the *BDJ* in 2016, looking at the common chronic inflammatory autoimmune disorder rheumatoid arthritis (RA), how it affects patients' lives and orofacial conditions associated with RA that dental professionals need to be aware of.

https://www.nature.com/articles/bdjteam201764

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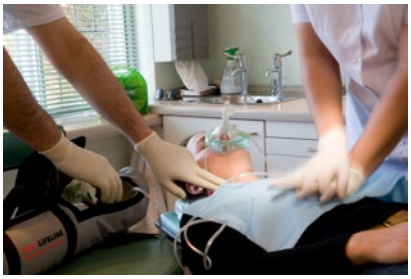
8

Updated posters to help manage medical emergencies in the dental practice: Figure 1

This popular page of the *BDJ Team* website actually depicts a single figure, a poster entitled 'Medical Emergencies in the Dental Practice', within the article *Updated posters to help manage medical emergencies in the dental practice* (see number 2 in this list).

Do you have a copy of this poster on your practice wall?

https://www.nature.com/articles/bdjteam201655/figures/1



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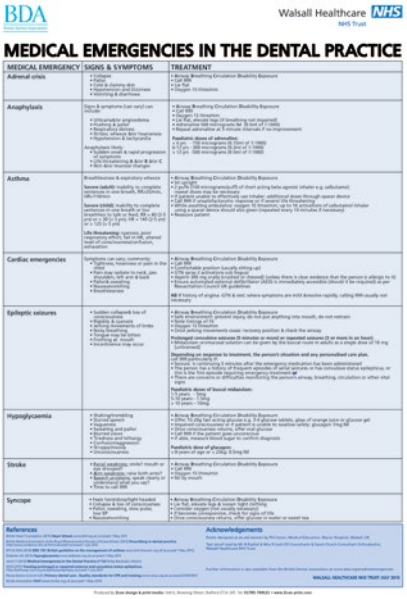

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MEDICAL EMERGENCIES IN THE DENTAL PRACTICE

MEDICAL EMERGENCY	SIGNS & SYMPTOMS	TREATMENT
Adrenal crisis	• Collapse • Pallor • Cold & clammy skin • Nausea & vomiting / dizziness • Vomiting & diarrhoea	• Airway Breathing Circulation Disability Exposure • Call 999 • Lie flat • Oxygen 15 litres/min
Anaphylaxis	Signs & symptoms (can rapid onset / severe) • Urticaria/skin angioedema • Flushing & pallor • Respiratory distress • Wheezing / stridor / hoarseness • Hypotension & tachycardia Anaphylaxis likely: • Sudden onset & rapid progression of symptoms • Life threatening A &/or B &/or C • Skin &/or mucosal changes	• Airway Breathing Circulation Disability Exposure • Call 999 • Lie flat • Oxygen 15 litres/min • Airway (if breathing not impaired) • Adrenaline 500 micrograms IM (0.5ml of 1:1000) • Repeat adrenaline at 5 minute intervals if no improvement Paediatric dose of adrenaline: • 6 yrs: 150 micrograms (0.15ml of 1:1000) • 6-12 yrs: 300 micrograms (0.3ml of 1:1000) • >12 yrs: 500 micrograms (0.5ml of 1:1000)
Asthma	Breathlessness & respiratory wheeze Severe (adult): inability to complete sentences in one breath, RR≥25/min, HR≥110/min Severe (child): inability to complete sentences in one breath, < one sentence in one breath, RR ≥ 30 (2-5 yrs) or ≥ 30 (> 5 yrs), HR ≥ 140 (2-5 yrs) or ≥ 125 (> 5 yrs) Life threatening: cyanosis, poor respiratory effort, fall in HR, altered level of consciousness/confusion, exhaustion	• Airway Breathing Circulation Disability Exposure • Call 999 • Comfortable position (usually sitting up) • Give 10 puffs of salbutamol (100 micrograms/puff) of short acting beta agonist inhaler e.g. salbutamol; repeat doses may be necessary • If patient unable to effectively use inhaler: additional doses through spacer device • Give 10 puffs (one puff at a time) immediately after each inhalation • While awaiting ambulance: oxygen 15 litres/min, up to 10 actuations of salbutamol inhaler using a spacer device should also given (repeated every 10 minutes if necessary) • Reassure patient
Cardiac emergencies	Symptoms can vary, commonly: • Tightness, heaviness or pain in the chest • Pain may radiate to neck, jaw, shoulder, left arm & back • Pallor & sweating • Nausea/vomiting • Breathlessness	• Airway Breathing Circulation Disability Exposure • Call 999 • Comfortable position (usually sitting up) • Give 300 mg aspirin (if not allergic) • Aspirin 300 mg orally (crushed or chewed) (unless there is clear evidence that the person is allergic to it) • Ensure automated external defibrillator (AED) is immediately accessible (should it be required) as per Resuscitation Council UK guidelines NB: If history of angina, GTN & rest; where symptoms are mild (resolve rapidly, calling 999 usually not necessary
Epileptic seizures	• Sudden collapse & loss of consciousness • Stiffening & spasms • Jerking movements of limbs & convulsions • Tongue may be bitten • Frothing at mouth • Incontinence may occur	• Airway Breathing Circulation Disability Exposure • Lie flat, protect injury, do not put anything into mouth, do not restrain • Call 999 if: • Oxygen 15 litres/min • Clonic jerking movements cease: recovery position & check the airway Prolonged convulsive seizures (5 minutes or more) or repeated seizures (3 or more in an hour): • Buccal midazolam (intranasal solution can be given by the buccal route to adults as a single dose of 10 mg (unlicensed) Depending on response to treatment, the person's situation and any personalised care plan, call 999 immediately: • If fits last for 5 minutes after the emergency medication has been administered • The person has a history of frequent episodes of serial seizures or has convulsive status epilepticus, or • There are first episode (adjunctive) emergency treatment **or** • There are concerns or difficulties monitoring the person's airway, breathing, circulation or other vital signs Paediatric dose of buccal midazolam: • 3-9 years: 5mg • 9-15 years: 10mg • 15 years: 10mg
Hypoglycaemia	• Shaking/trembling • Slurred speech • Confusion • Sedating and paltor • Sweating • Tiredness and lethargy • Irritability/aggressive • Coma • Unconsciousness	• Airway Breathing Circulation Disability Exposure • Offer 10-20g fast acting glucose e.g. 3-4 glucose tablets, glass of orange juice or glucose gel • Consider longer acting carbohydrate e.g. 2 digestive biscuits, sandwiche (white), glucagon 1mg IM • Once consciousness returns, offer oral glucose • If unable to swallow, place in recovery position • If able, measure blood sugar to confirm diagnosis Paediatric dose of glucagon: • 8 years of age or < 25kg: 0.5mg IM
Stroke	• Facial weakness: smile? mouth or eye droop? • Arm weakness: raise both arms? • Speech problems: speak clearly or sentence? Can you say? • Time to call 999	• Airway Breathing Circulation Disability Exposure • Call 999 • Oxygen 15 litres/min • Nil by mouth
Syncope	• Feels faint/dizzy/light headed • Collapse & loss of consciousness • Pallor, sweating, slow pulse, low BP • Nausea/vomiting	• Airway Breathing Circulation Disability Exposure • Lie flat, elevate legs & ensure tight clothing • Ensure adequate oxygenation: 15 litres/min • If becomes unresponsive, check for signs of life • Once consciousness returns, offer glucose or water or sweet tea

References

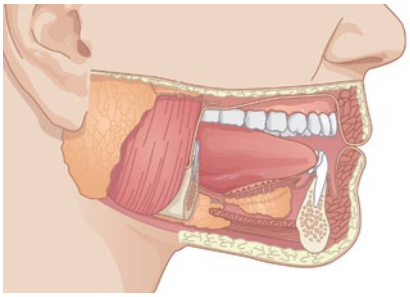
Acknowledgements

7

Saliva: A review of its role in maintaining oral health and preventing dental disease

Explains the composition and production of saliva, its key functions, and describes its role in maintaining oral health, helping to build and maintain the health of soft and hard tissues. Published in *BDJ Team* in 2015.

https://www.nature.com/articles/bdjteam2015123



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6

Oral manifestations of systemic disease

A succinct review of oral mucosal and salivary gland disorders that may arise as a consequence of systemic disease, published in *BDJ Team* in 2018. The authors look at oral ulceration, white patches, gland swelling and oral dryness.

https://www.nature.com/articles/bdjteam201812

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5

Why are dental nurse salaries so low?

Collates views on this perpetually hot topic and looks at the BADN salary survey and the BDA's DCP Pay Survey 2013, followed by discussion and comments from various societies and figures in the industry. Published in October 2016.

https://www.nature.com/articles/bdjteam2016152

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3

The three types of employment status

Dental specialist employment solicitor Sarah Buxton (pictured) tells *BDJ Team* readers everything they need to know about employment status, whether they are an employee, a worker or self-employed. Sarah also explains the significance of the distinction between these statuses.

https://www.nature.com/articles/bdjteam2015124

1

Dental care of cancer patients before, during and after treatment

At the top of the list, with over 19,300 page views in 2019, is Jocelyn Harding's article on dental care of cancer patients, published in *BDJ Team* in 2017. Jocelyn addressed how dental professionals can best look after and advise cancer patients and emphasised the importance of treating the body holistically. The article also looked at preparing patients before cancer treatment starts, the oral side effects that may occur in patients undergoing treatment, and gave examples of beneficial dental hygiene products.

https://www.nature.com/articles/bdjteam20178

©Westend61/Getty Images Plus

'This popular page of the BDJ Team website actually depicts a single figure... Do you have a copy of this poster on your practice wall?'

4

Tooth whitening versus stain removal

In 2017 dental hygienist Anna Middleton looked at the options for 'lightening' the teeth, the regulations around treatment, and explained how dental care professionals (DCPs) could manage patient expectations.

https://www.nature.com/articles/bdjteam2017175

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2

Updated posters to help manage medical emergencies in the dental practice

An article from 2016 sharing two posters designed to help dental professionals to respond effectively and safely to a medical emergency: 'Medical Emergencies in the Dental Practice' and 'Emergency Drugs in the Dental Practice'. Figure 1 from this article appears at number 8 in this list of popular articles!

https://www.nature.com/articles/bdjteam201655

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EMERGENCY DRUGS IN THE DENTAL PRACTICE

Drug	Indication	Adult Dose & Route	Paediatric Dose & Route
Adrenaline	Anaphylaxis	500 micrograms (0.5 mls 1:1000) IM May be repeated at 5 min intervals if no improvement	<6 yrs: 150 micrograms (0.15 mls 1:1000) IM 6-12 yrs: 300 micrograms (0.3 mls 1:1000) IM >12 yrs: 500 micrograms (0.5 mls 1:1000) IM May be repeated at 5 min intervals if no improvement
Aspirin	Suspected heart attack	300 mg oral (crushed or chewed)	N/A
Glucagon	Hypoglycaemia (Glucagon is quicker to swallow safely e.g. unconscious)	1 mg IM	<8 yrs (or <25 kg): 0.5 mg IM >8yrs (or >25 kg): 1 mg IM
Glucose (fast acting)	Hypoglycaemia (patient co-operative & able to swallow safely)	15-20g fast acting glucose e.g. 3-4 glucose tablets, glass of orange juice or glucose gel	Dose as for adults
Glyceryl Trinitrate Spray	Angina or suspected heart attack	2 actuations sublingually	N/A
Midazolam	Prolonged convulsive seizures (> 5 minutes) or repeated seizures (> 3 in an hour)	Midazolam oromucosal solution can be given by the buccal route in adults as a single dose of 10 mg (unlicensed)	1-5 years: 5mg buccal 5-10 years: 7.5mg buccal > 10 years: 10mg buccal
Short acting beta agonist (e.g. salbutamol) inhaler	Asthma attack	2 actuations inhaled Use spacer device if necessary Repeated doses may be necessary	Dose as for adults

References

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WALSALL HEALTHCARE NHS TRUST JULY 2015

https://doi.org/10.1038/s41407-020-0266-4

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