

# *‘I learned English and dentistry at the same time’*



**Anally Salinas Sequera**, 36, is a Clinical Manager at Queen Square Dental Implant Suite, Bristol. Originally from Mexico, Anally came to the UK 12 years ago and found her true calling in dentistry.

**I** am up at 7 am and cycle to work, nine minutes away. I have oats and fruit for breakfast at home.

I work Monday to Friday at Queen Square Dental Implant Suite in Bristol. On Mondays my duties involve a mixture of treatment coordination and admin; on Tuesdays, Wednesdays and Thursdays I assist an implantologist; and on Friday I look after accounts.

I started in my current role as clinical manager in 2020 just before the pandemic began. I completed a course in Xero accounting software and training in general accounting.

I am originally from Mexico. Life brought me to the UK 12 years ago and three months after I arrived a friend heard of a position as a trainee dental nurse. I was completely scared as my English wasn't good, but I took the opportunity, and learned both dentistry and English at the same time.

Back in Mexico I was a personal assistant. I never imagined I would end up as a dental nurse due to my fear of blood and needles!

I completed my NEBDN Dental Nursing Diploma in 2013. After five years of working in a mixed practice I wanted to progress and found a fully private specialist practice. I was recommended by another dental nurse and the principal dentist gave me the opportunity to join the team. I had the pleasure to work with a number of talented dentists in different areas of dentistry such as prosthodontics, periodontics, endodontics, orthodontics, oral surgery and implantology.

I developed a passion for surgical treatments and these days I assist an implantologist full time. I have also had the opportunity to assist with courses for dentists looking to start placing implants at Dental Delta Academy, which is owned by my boss.

Through the Academy I also run a course

for dental nurses: 'Introduction to implants for dental nurses'. We have our third intake in April and I run the course together with my colleague.

Recently I had the opportunity to attend the North of England Dentistry Show, overcoming my fear of speaking English in public. I am confident to have conversations and understand English well, but had always had a fear of speaking in public and not being able to understand or explain myself properly in English.



What I enjoy the most about my job is the opportunity to help people, improve their lives and also help them to gain confidence – through dentistry. The most challenging element of my job has been mastering the English language – sometimes I do feel I could do better.

I belong to a large group of private practices, but in our practice we are a small team: one implantologist, a receptionist, a treatment coordinator (admin side), a trainee dental nurse and me.

Like everyone, I have been affected by the pandemic with the quantity of PPE we have had to wear, and longer working hours, but we are slowly getting back to normal. The conditions never made me consider leaving dental nursing: I really love dentistry.

In general, I believe dental nurses have a lot of responsibility on their shoulders. We are heavily involved in the practice workflow and dental nurse remuneration does not always reflect this.

Since qualifying, I have completed post-graduation certificates in Radiography, Sedation, Dental Photography, Impression taking, Implant training and Digital Work



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Flow and I use the skills gained from them on a daily basis.

In the future, I hope to become a practice manager, but I don't want to stop dental nursing.

I usually get home between 6 and 7 pm. Outside work I'm a Zumba and Pilo exercise instructor. I love to dance and travel. I also like to spend time with my friends. I'm hoping to take part in the Glastonbury festival as a stage dancer this year. If I hadn't gone into dentistry, I might have become a dance instructor.

At the weekends, I try to squeeze in a bit of rest as well!

The three things I can't live without are music, food and travel adventures, but in real life my family, friends and time for myself are the priority.

**Interview by Kate Quinlan**

<https://doi.org/10.1038/s41407-022-0898-7>