



'I've never looked back since starting in dentistry'

Amy Minchin, 37, from Derbyshire, is an implant lead dental nurse and treatment coordinator at Beeston Dental Practice and Implant Clinic. Amy, who followed her sister into dental nursing, is married with four children.

I get up at any time between 5 and 6 am when my two-year-old alarm clock calls me! I tend to skip breakfast as I'm always too busy getting the children ready.

I drive to work which takes about 20 minutes. I work Monday, Tuesday and Wednesday from 8 am until 5.30 pm and Thursdays as and when I am needed.

I dental nurse every day but every other Tuesday I run my own treatment coordinator clinic where I see patients and help them understand treatment plans and the options available to them. Thursdays tend to be our implant placement days so I work them as needed.

It was my little sister who started here first at Beeston Dental Practice. I was having a mid-life crisis on what to do with my career when she suggested I apply for the dental nurse apprenticeship. It just shows you can be an apprentice at any age: I've never looked back since starting in dentistry. I hold the Level 3 Diploma in Dental Nursing and am currently working towards my NEBDN dental implant nurse qualification. I also have a post qualification in sedation nursing so I work

when needed with our sedation dentist with our very nervous patients.

When I left school I wanted to be a hairdresser. I did this for five years but my heart wasn't it. I was then an optical assistant/store manager for over ten years before entering the dental world.

I love talking to our lovely patients and seeing treatment through from start to finish. I am very fortunate to work for an amazing dental practice.

I work with a large team of six dentists, three dental hygienists, seven dental nurses, two practice managers and three dental receptionists. We see a wide variety of patients and a lot of new patients; it's exciting seeing and meeting new people.

Outside of my day job, I am part of the International Team for Implantology (ITI) Dental Nurses group and enjoy taking part in their study clubs. I have even been asked to present a study club in June which I am both excited and nervous about.

At the beginning of the pandemic I was furloughed for a couple of months while all the rules and regulations were being put together. I actually was very grateful for this



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as I had only just returned to work from maternity leave in the March and three weeks later we were locked down – so I took this as a positive as I got a couple of extra months off with my little baby. After that of course it was back to work with a lot of extra PPE.

I usually get home at about 6 pm. I love spending time with my family and being Mum. Weekends involve adventures with my family. We went camping for the first time last year which was a lot more fun than I had anticipated!

I am very careful with my family's oral health. They all get bored of me asking about their teeth! Two of my children are in fixed orthodontic appliances so it's very important

that they have good oral health. Don't get me wrong, we all love a sweet treat, but we try and have it at the end of a meal if we are having one.

I go to bed as early as I can! I'm more of morning person than a night owl.

My plans for this year are just to make as many memories as I can with my family. I lost a very special lady in my life six months ago (my Grandma) and it makes you realise to never take anything for granted and to live each day the best you can.

Interview by Kate Quinlan

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