

## BSPD PUBLISHES ORAL HEALTH INFOGRAPHIC IN FIVE LANGUAGES

In September the British Society of Paediatric Dentistry (BSPD) launched a set of infographics on the 'Top 3 tips for preventing tooth decay' translated into the five languages identified by the Core20PLUS51 initiative – targeting the most vulnerable children in the UK.

This infographic project was conceived while Dr Jenny Harris was BSPD President, to support children and families most in need with simple, clear prevention messages. The aim is that the infographics will be widely used by both dental and non-dental healthcare professionals to support conversations about good oral health behaviours and become a key tool for in-surgery preventive advice.

BSPD's Top 3 tips for preventing tooth decay are now available in the following languages:

1. Punjabi (pictured)
2. Urdu
3. Bengali (with Sylheti and Chatgaya)
4. Polish
5. Romanian
6. English (the original version previously available).

The posters, which have been adapted from 'Health Matters: child dental health'<sup>2</sup> with permission, can be downloaded from the BSPD website and printed for waiting-room walls, surgeries and in other healthcare venues – and can be given to children to take home and keep as a reminder of what they learnt at their dentist appointment.

Dr Jenny Harris, BSPD Past President said: 'Our ambition is to get feedback from dentists up and down the country telling us that they have been using this engaging and colourful infographic in-surgery whenever they give oral health advice to children and their parents. It is a great tool for reinforcing the three top tips for looking after teeth, especially as a quick reminder as part of a routine recall visit. We want children to be encouraged to stick the poster up on their bedroom walls amongst their posters of popstars and footballers! That would be a massive win for preventative oral health!'

To access all versions of the top tips infographic, visit <https://www.bspd.co.uk/Patients/PatientInfo>.

### References

1. NHS England. Core20PLUS5 – An approach to reducing health inequalities for children and young people. Available at: <https://www.england.nhs.uk/about/equality/equality-hub/national-healthcare-inequalities-improvement-programme/core20plus5/core20plus5-cyp/> (accessed October 2023).
2. Public Health England. Health matters: child dental health. 14 June 2017. Available at: <https://www.gov.uk/government/publications/health-matters-child-dental-health/health-matters-child-dental-health> (accessed October 2023).

## DENTAL TEAM WORKSHOP ON MANAGING MEDICAL EMERGENCIES



A hands-on workshop on 'Management of medical emergencies in the dental practice' will be held on Friday 10 November 2023 between 09:30–16:30 at the British Dental Association (BDA) in Central London.

Medical emergencies can happen at any time in the dental practice. This practical course will bring you up to date with the latest standards and procedures, including hands-on CPR and AED training, using a mixed educational modality including lectures, workshops, skills stations and simulations, to equip you with the necessary skills to manage a medical emergency with confidence.

Why attend this hands-on workshop?

- Gain an understanding of the prevalence of medical emergencies in the dental setting
- Be able to recognise signs and symptoms, and identify the initial management for the common medical emergencies
- Be familiar with resuscitation equipment and drugs, and receive hands-on CPR and AED training.

For BDA members the workshop costs £195; for non-member dentists it costs £245; for dental care professionals (DCPs) it costs £175. The price includes six hours of continuing professional development (CPD) with development outcome C, refreshments, lunch and all course documentation.

For more information and to book visit <https://www.bda.org/events/Pages/Management-of-medical-emergencies-autumn-2023.aspx>.

### ਦੰਦਾਂ ਦੇ ਸੜਨ ਨੂੰ ਰੋਕਣ ਲਈ ਚੋਟੀ ਦੇ 3 ਸੁਝਾਅ



**1** ਭੋਜਨ ਅਤੇ ਪੀਣ ਵਾਲੇ ਪਦਾਰਥਾਂ, ਜਿਨ੍ਹਾਂ ਵਿਚ ਸ਼ੱਕਰ ਹੁੰਦੀ ਹੈ, ਦੀ ਮਾਤਰਾ ਅਤੇ 1 ਬਾਰੰਬਾਰਤਾ ਨੂੰ ਘਟਾਓ।

**2** ਫਲੋਰਾਈਡ ਟੂਥਪੇਸਟ (1350-1500ppm) ਨਾਲ ਰੋਜ਼ਾਨਾ ਦੇ ਵਾਰ ਦੰਦ ਬੁਰਸ ਕਰੋ, ਚਾੜ੍ਹ ਨੂੰ ਆਖਰੀ ਮੌਕੇ ਵਜੋਂ ਅਤੇ ਘੱਟੋ-ਘੱਟ ਇੱਕ ਵਾਰ ਮੌਕੇ 'ਤੇ। ਬੁਰਸ ਕਰਨ ਤੋਂ ਬਾਅਦ, ਬੁੱਕ ਨੂੰ ਖੁਰਕੀ ਨਾ ਕਰੋ।

**3** ਜਦੋਂ ਪਹਿਲਾ ਦੰਦ ਨਿਕਲਦਾ ਹੈ ਆਪਣੇ ਬੱਚੇ ਨੂੰ ਦੰਦਾਂ ਦੇ ਡਾਕਟਰ ਕੋਲ ਲੈ ਜਾਓ, ਲਗਭਗ 6 ਮਹੀਨਿਆਂ ਵਿੱਚ ਅਤੇ ਫਿਰ ਨਿਰਮਾਤਾ ਤੌਰ 'ਤੇ।

