

Other journals in brief

A selection of abstracts of clinically relevant papers from other journals.
The abstracts on this page have been chosen and edited by Reena Wadia.

Sustainability in dentistry

Duane B, Stancliffe R, Miller FA, Sherman J, Pasdeki-Clewer E. Sustainability in dentistry: a multifaceted approach needed. *J Dent Res* 2020; DOI: 10.1177/0022034520919391.

To make dentistry more environmentally sustainable consideration should be given to product choice, policies, sustainability education and financial support for priority areas of research.

Global commitment to sustainability and demands for a sustainable world are growing. This article provides an introduction to environmentally sustainable dentistry and offers perspectives on managing drivers to reduce carbon emissions and make dentistry more environmentally sustainable. Within dentistry, travel creates the highest carbon emissions and also contributes to human health damage. Internally, there are a number of ways to reduce impact by decreasing travel and energy use, as well as carefully considering the types of items purchased (and how they are disposed of). Larger dental organisations can influence their suppliers and industry by choosing to purchase from sustainable companies. From an external driver perspective, policy, guidance and research are essential. Governments need to re-evaluate decontamination policies from an environmental perspective. Decontamination documents need revision to consider both planetary and public health. Insurance providers and healthcare purchasers should review policies to influence the sustainability of providers. Sustainability education needs to be considered as part of the curriculum of dental students. Guidance could also be developed for the dental industry to produce sustainable products. Identifying hot spots or areas of high environmental contributions using other assessments such as life cycle analysis would allow dentistry to identify products or practices that have a disproportionate adverse impact on the environment and might be prioritised for change. This should include an analysis of single-use instruments, chemicals, and products. Building research capacity by training students and creating virtual or physical centres for sustainability is essential. Financial support is needed for priority areas of research.

<https://doi.org/10.1038/s41415-020-1793-2>

Impostor phenomenon

Metz C J, Ballard E, Metz M J. The Stress of Success: An Online Module to Help First-Year Dental Students Cope With the Impostor Phenomenon. *J Dent Educ* 2020; DOI: 10.1002/jdd.12181.

Online training module can improve awareness of the impostor phenomenon and help high-achieving students to cope with their stress and feelings of inadequacy.

Educators often spend a great deal of time counselling poorly performing students, which limits the time dedicated to high achievers. Gifted students may be susceptible to feelings of inadequacy despite positive external evidence – impostor phenomenon (IP). This study published an online

module to educate dental students about IP and provided six coping mechanisms. After viewing the video at the beginning of the semester, students completed the Clance IP Scale to determine the prevalence of IP thoughts. This was repeated at the end of the semester. The percentage of students reporting intense impostor experiences decreased from 13.6% to 4.9%. Females exhibited significantly higher scores than males. The most common reported coping strategies were a reduction in time spent on nonessential tasks and the use of scheduling to prevent procrastination.

<https://doi.org/10.1038/s41415-020-1823-0>

Measures to tackle sugar

Moynihan P, Miller C. Beyond the chair: public health and governmental measures to tackle sugar. *J Dent Res* 2020; DOI: 10.1177/0022034520919333.

Only through coalition among authorities responsible for planning and health will 'obesogenic and cariogenic' environments be replaced with those that make healthy choices the easiest choice.

Limiting free sugars to <5% of energy intake is a World Health Organisation evidence-based recommendation to protect oral health throughout the life course. Achieving this requires a concerted approach with upstream interventions, including legislation underpinning community interventions and health promotion. Global production and trade are the main drivers of sugars consumption, which can be addressed only through prioritisation of health impacts in agricultural and trade agreements, including pricing and subsidies. Increasing evidence demonstrates the benefit, including dental benefits, of taxes on sugar-sweetened beverages, a major source of sugars – with taxes based on sugars content being favoured due to the dual impact in incentivising consumers to buy less and encouraging producers to use less through product reformulation. A benefit of product reformulation is that the potential impact on sugars intake occurs independent of consumer behaviour change, making the benefits more equitable across social groups. Evidence from meta-analysis indicates that sugars reformulation and portion size reduction could lower energy intake by more than 10% and 16%, respectively. Sophisticated and targeted digital marketing of products high in sugars is another key driver of sugars intake. With the exception of children's television broadcasting, marketing of products high in sugars is largely unregulated, and increased awareness of modern marketing strategies and more stringent regulation are needed. Midstream actions include creating healthier food environments in neighbourhoods, community settings, and workplaces. Only through coalition among authorities responsible for planning and health will 'obesogenic and cariogenic' environments be replaced with those that make healthy choices the easiest choice. It is recognised that providing nutrition health education alone is insufficient; however, education has a key role to play in changing social norms and creating drive for change.

<https://doi.org/10.1038/s41415-020-1824-z>