



A holistic approach to dental practice, page 30.

Ed's letter



Welcome to an all new and improved issue of *Vital*! On the eve of one of the most important dates in DCP history we've decided to have our own little scale and polish. Check out our new look!

In this issue we are also proud to be able to unveil our very own verifiable CPD scheme, as promised in the run up to the registration deadline. The CPD year for registered DCPs begins on 1 August 2008, so make sure you find out all about our CPD scheme by reading the article on page 53.

Our very first CPD articles are on conscious sedation and medical emergencies training. In future issues we plan to use a range of articles for CPD, including those covering core CPD topics such as infection control.

As our regular readers will know, *Vital* aims to blend the educational with a range of news, reviews and advice articles, as well as putting the spotlight on inspiring dental practices. Jivadental, the UK's first carbon neutral dental practice (page 30), seemed the ideal choice of practice to complement this special issue.

If you're not off to sample a team-building activity (page 56) or take a proactive approach to stress (page 38), make sure you enter our competition to win spa passes! Every busy DCP deserves a break at the end of the day. For a start, how about putting your feet up and browsing through this issue of *Vital*? Enjoy!

Kate

Kate Maynard, Editor
k.maynard@nature.com



Dive in to Bath - page 16.

2 hours of CPD!



Join *Vital's* brand new CPD scheme! See page 53 and our website.



Losing your marbles? De-stress and strengthen your team, page 56.

THE TEAM

Cover
Photographer: Filip Gierlinski, Filskifoto
Mobile: 07859 078945
Email: filski77@hotmail.com

The cover image was taken at Jivadental in Kingston. Huge thanks to Bob, Sukhi and the whole team.

Editorial
Editor-in-Chief: Stephen Hancocks OBE
Editor: Kate Maynard

Vital Editorial Board: Julia Brewin, Larry Browne, Kathryn Marshall, Julie Wright, Christopher Lynch, Marina Harris, Jim Mackie

Production
Art Editor: Melissa Cassem
Production Editor: Esther McKeown
Production Controller: Ian Pope

Advertising
Head of Advertising: Alison Mason
Advertising enquiries: +44 (0)20 7843 4729

Publishing
Publisher: Kim Black-Totham
British Dental Journal
The Macmillan Building
4-6 Crinan Street
London N1 9XW
Tel: +44 (0)20 7843 3680
Fax: +44 (0)20 7843 4725

If you would prefer not to receive any further issues of *Vital*, please contact Kim Black-Totham at the address given above.

© *British Dental Journal* 2008. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the *British Dental Journal*.

The opinions expressed in this publication are those of the authors and not necessarily those of the British Dental Association or the editor. Appearance of an advertisement does not indicate BDA approval of the product or service.