

Vital verifiable CPD - INSTRUCTIONS

Vital verifiable CPD was launched in the summer 2008 issue of *Vital*. It offers DCPs the opportunity to complete eight hours of verifiable CPD per year for £30 (+VAT), by reading *Vital* articles either in their free copy of *Vital*, or by accessing our website at www.nature.com/vital to read the articles for free there.

Vital CPD is only available via our website.

The CPD year for UK DCPs began on 1 August 2008. From this date it is a legal requirement for all registered dental care professionals (DCPs) to keep a record of all verifiable and non-verifiable (general) CPD hours.

It is free to access all *Vital* articles (past and present) on our website as long as you register to obtain a free account. **You will need your own email address to register; you may encounter problems if you use an address shared with other people. Free email accounts are widely available on the Internet, for example at www.hotmail.co.uk and www.yahoo.co.uk.**

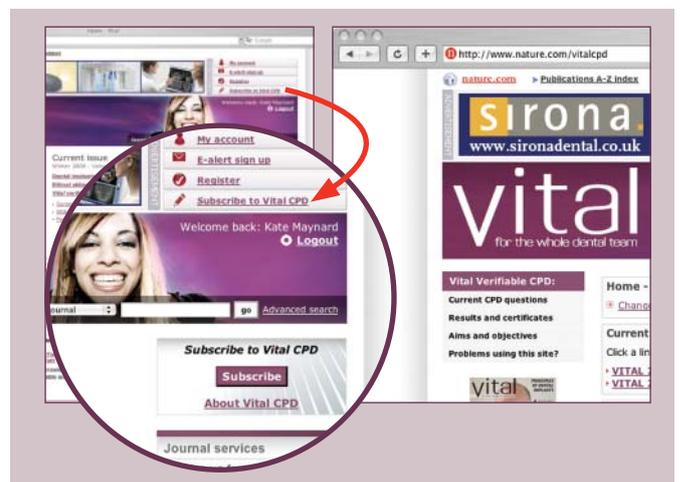
INSTRUCTIONS

- To register to obtain a free account on the Vital website:
 - Go to www.nature.com/vital
 - In the top right hand corner of the screen it says 'register'. Click here and enter your details to obtain an account for free.

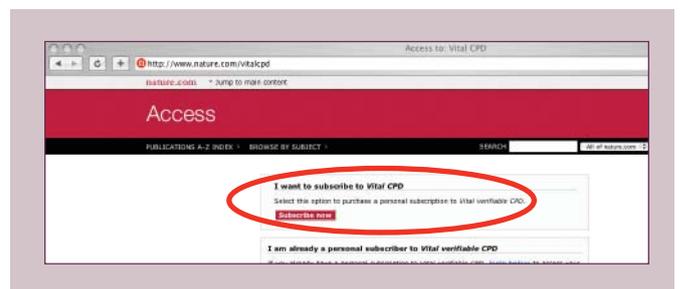


- Log-in with your user name and password. It will say 'Welcome back: (your name)' at the top of the Vital homepage.

- To subscribe to Vital CPD:
 - Click on the button on the Vital website that says 'Subscribe to Vital CPD' or go directly to: www.nature.com/vitalcpd

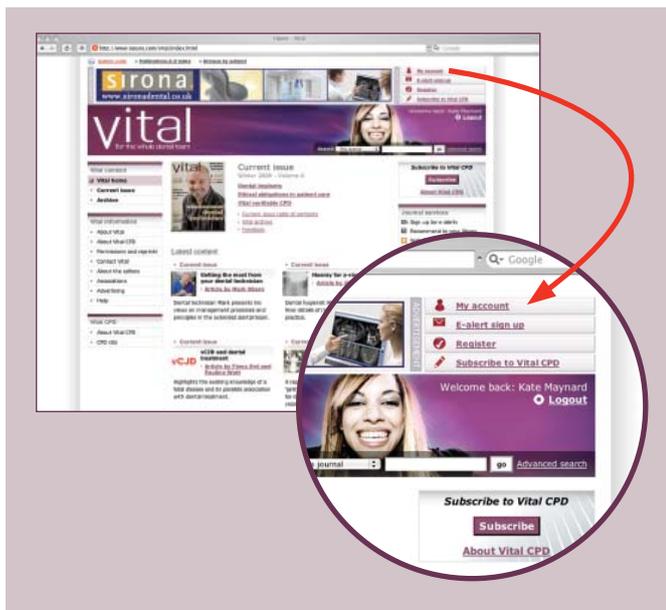


- Click on 'subscribe now'.

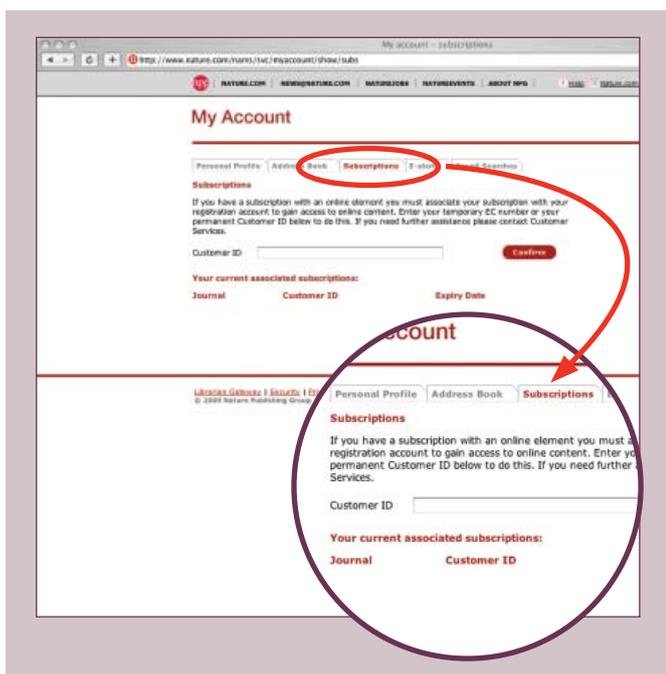


INSTRUCTIONS (continued...)

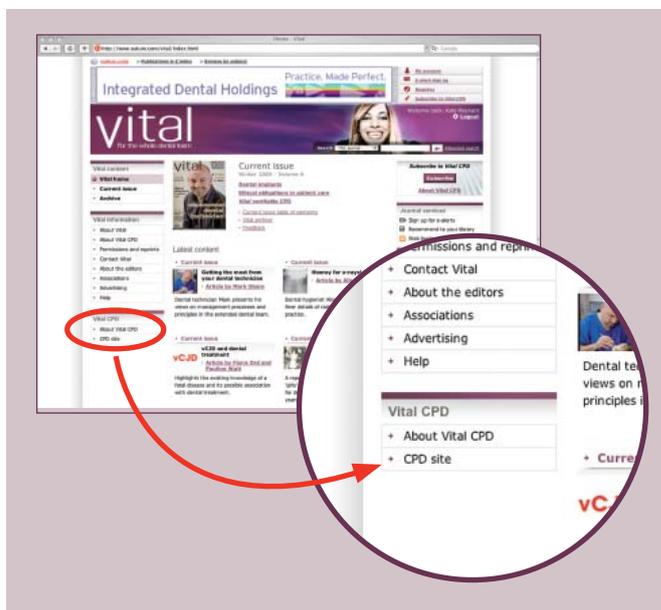
- Select 'I live in the United Kingdom' from the box at the top then follow the payment instructions
 - After successfully purchasing your subscription online you will be emailed a temporary customer ID number which will be something like 'EC12345'.
5. When you have received your temporary customer ID number, return to the Vital homepage www.nature.com/vital (make sure you are logged in) and click on 'My Account' in the top right hand corner.



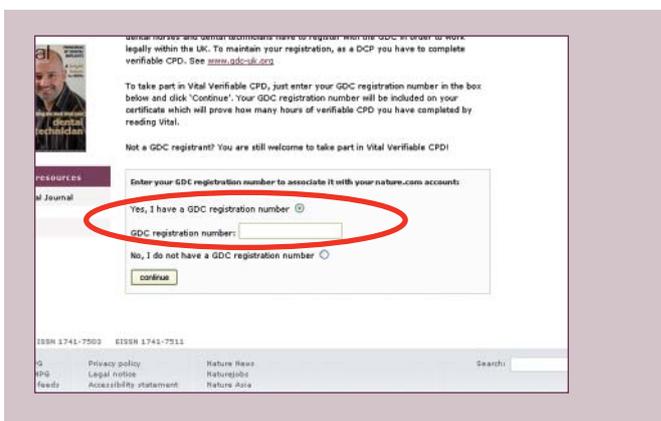
- Click on the tab that says 'subscriptions' at the top
- Enter your customer ID number beginning 'EC' and click on 'confirm' (you only need to do this once) to associate your CPD subscription with your Vital account.



6. You are now ready to access Vital CPD. Click on 'CPD Site' on the homepage at www.nature.com/vital or go directly to www.nature.com/vitalcpd.



When you are on the Vital CPD website, there is a link at the top through which you can enter your GDC registration number (if you have one – unregistered DCPs are also welcome to take part in Vital CPD). This will ensure that it is included on your CPD certificate when you come to printing it off.



Important note: After your payment has been processed by Vital's publishers, Nature Publishing Group, you will be sent a permanent customer ID number. You will then need to access your account once more and enter your new number into the subscriptions box – as described in point 5. **Please keep an eye on your email until you have received your permanent customer ID number, or you may not be able to access the next set of CPD questions.**

If you have any problems, email subscriptions@nature.com and you will receive assistance within 24 hours. Send any general queries to vitaleditorial@nature.com.



CPD questions

Spring 2009



CPD ARTICLE 1 – PAGES 17-19

Vital guide to paediatric dentistry

- Select the **correct** statement. Paediatric dentistry:
 - is only for children with medical or physical problems
 - is designed to meet the specific dental demands of infants, children and teenagers
 - is only for anxious children/children with a dental phobia
 - is provided by 20,000 specialist paediatric dentists in the UK
- 'Medically compromised' does **not** include which of the following groups:
 - children with severe learning difficulties
 - children with leukaemia
 - children requiring routine primary care
 - children with cerebral palsy
- Dental treatments for children provided by the dental therapist include:
 - treatment of patients under general anaesthesia
 - extraction of deciduous teeth under local anaesthetic
 - application of fluoride and fissure sealants
 - B and C

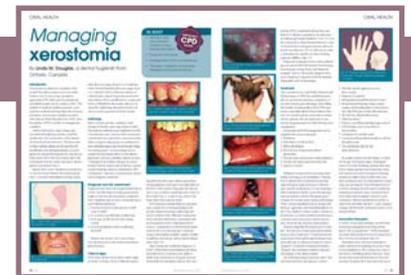
- How can the dental team help an anxious child?
 - Speak only to the parent to avoid intimidating the child
 - Treat the child as an equal, as you would treat a patient of any age
 - Tell, Show and Do
 - explain all treatments in as much detail as possible

CPD ARTICLE 2 – PAGES 32-34

Managing xerostomia

- Which is the most prevalent aetiological factor in xerostomia?
 - mouth breathing
 - prescription drugs
 - Sjögren's syndrome
 - age
- Which of the following do individuals with xerostomia commonly experience?
 - impaired taste
 - sensitive teeth
 - sleep disturbance
 - all of the above
- Which stimulated salivary flow rate is a predictor of caries activity?
 - <0.7 ml/min
 - <1.0 ml/min
 - <1.7 ml/min
 - <1.5 ml/min
- Acupuncture stimulates salivary flow by:
 - stimulating the anticholinergic receptors in the salivary acini
 - increasing blood-flow over the trigeminal nerve, releasing neurotransmitters, causing a sympathomimetic response
 - increasing blood-flow over the parotid glands
 - stimulating the neuropeptides in the acini of the accessory salivary glands, to compensate for hypofunction of the parotid glands

To submit your answers, please see the instructions on the previous page. The deadline for submission of this set of answers is 6 June 2009.



CPD ANSWERS – WINTER

Answers to the CPD questions in the winter 2008 issue of *Vital*.

Vital guide to implants:

- Q1. D,
- Q2. D,
- Q3. D,
- Q4. C.

Ethical obligations in patient care:

- Q1. A,
- Q2. D,
- Q3. B,
- Q4. D.