The Sceptic presents

The case for... and against...

Infection Control

A dreadful case was heard at the GMC recently, which resulted in a dentist being removed from the register. The dentist in question had some very strange habits indeed. He didn’t use latex or non-latex gloves, all the better to be able to clean his nails and ears with instruments he was about to use (one would hope he used different instruments for each purpose, as using the same would be very unhygienic indeed). Oh, and he also immersed himself in the surgery basin, but presumably he ran water afterwards. His nurse and a patient ratted on him.

Can’t think why, but dental patients, not to mention the GMC, are very concerned about infection control, and he was duly consigned to the scrapheap where presumably he can indulge more and weirder perversions.

So should health-care professionals be more concerned with infection control, and health and safety issues? If so, which? Here is a list of issues, by no means comprehensive, about which we need to be concerned:

- Needle stick injuries
- Handpiece sterilisation
- Medicolegal factors

Cost
- Life of instruments
- Clinical time management
- Waste disposal.

Here are ten good reasons, plus questions arising, why you would not wish to comply with full sterilisation procedure.

1. If you are seeing, say, 15 patients a day, you are using a minimum of 15 pairs of latex/non-latex gloves, probably double that number daily. The individual cost/item is not high, but the collective cost is, especially if one is allergic to latex.
2. Then there is the question of disposing of 60 gloves, per surgery per day. Should they be burned, buried in a hole in your ground (preferably in China), or are they biodegradable? Should we be using one pair of gloves that is repeatedly disinfectable?
3. Other than disposable needles and scalpels, should we be using disposable hand instruments?
4. What is the cost of a steriliser today (why no means insignificant)? Even if you have a good one, is it one capable of sterilising and removing the air from the lumens of handpieces?
5. Is sterilisation by itself sufficient, or do we require washers/disinfectors a priority?
6. The fact that cleaning/disinfection/sterilisation procedures exist on the physical makeup of instruments, and in particular handpieces, is high. What can be done to minimise wear and tear?
7. Is the design of your sterilising room such that you have only up to standards required by the Healthcare Commission?

To sum up, the case against sterilisation rests on three factors: cost, time and efficacy.

The case for... sterilisation

The case is for much simpler and more persuasive: we have no choice. The creation of the Healthcare Commission whose influence is felt by the dental profession, is the first major group to have the power to sanction practices that are non-compliant.

Without a doubt, two of the biggest concerns are the rising incidence and risk of HIV and hepatitis, and the biggest areas of concern are aerosol infection and water-borne contamination and needlestick injury. The good news is that companies such as SciCam, are addressing many of these issues.

Its Hydrim washer/disinfector has the capability of perfectly preparing instruments for sterilisation, and the very compact Statim steriliser can sterilise handpieces in just eight minutes. Henry Schein is marketing the ‘Safe-point’ to mitigate the dangers of needle-stick injury by facilitating quick and safe needle removal (without re-sharpening) and disposal at the point of use.

Do you have any concerns about sterilisation compliance? Email the team at editor@dentaltribuneuk.com and let us have your views.

The 10th Dimension

The power of 10...

OCD Freakary

Control freaks display variations of OCD — from being obsessed about crisp crumbs to dominating your every move. But beware, they are rarely NICE warns Ed Bonner

A bit of benchmarking: how do you rate against the following categories? (write down ‘a’ for ‘always,’ ‘s’ for ‘sometimes’ and ‘n’ for ‘never’):

1. When travelling abroad, you like to get to the airport early
2. When packing for a holiday, you check the contents and weight of each family member’s cases
3. Immediately after you finish a meal at home, you pack the dishwasher
4. You are the first to arrive at work and the last to leave
5. You deal with your new emails before you begin to see patients
6. You write all your own clinical notes yourself
7. You order all your own material and check the delivery when you return, you will not run out of stock.

If the ‘no’ have it, you are so totally laissez-faire that you are not well in control, leaving almost everything to others to do for you (assuming it is done at all). There is a fine line between being laid back and being irresponsible, between delegating and abdicating.

‘No’ create ‘no’s’ in other people — their behaviour is fertile territory for controlling individuals to sink roots and thrive.

Delegation trepidation

‘Yes’ means: Do you sincerely believe that you are the only person who can do your job properly?

Question two: Do you think that if you delegate a job to another person they will not get it right unless you are there constantly or at least regularly?

If you have answered in the affirmative to both these questions you are in the current vernacular, a control freak. Control freaks have been let down by others in the past and have learned that if something is to be done well, they have to do it themselves.

In denial

Control freaks do not see themselves as being control freaks, but they describe themselves as ‘conscientious.’ The difference between people who obsess about control and those who are conscientious is that the former directly affects the working lives of other people,�underlying their (my? your?) behaviour, fear and anxiety is often to be found. They must dominate every aspect of their environment. They collate huge volumes of data so they are not caught out; they pay acute attention to detail to create order where they perceive there is chaos. They set the agenda at meetings, interrupt others, and get hostile when challenged. Control freaks are often bullies, often sexist and sometimes racist. They dislike patients who question their authority. In extreme cases they present with clinical symptoms of obsessive-compulsive behaviour.

Control freaks are often successful but not generally NICE; there are exceptions: one such is Julian Metcalfe, who runs the sandwich company Pret A Manger. Sandwiches have never been so good, and dental restorations have to be just so too.

The OCD test

There are very simple ways of finding out where you are on the control spectrum. Check your blood pressure and sleep patterns. Ask your patients via a questionnaire.

Do you have any comments on this article? Email the team at editor@dentaltribuneuk.com and let us have your views.