It’s a small world after all

Mhari Coxon examines the evidence and best practice

So, I am back and nearly recovered from am amazing adventure to Europe. 7 in Vienna. Believe it or not this was work for me. It was a chance to spend time with my colleagues and the other hygienists around Europe who work for Philips Oral Healthcare as professional relations manager and to meet other colleagues from the sales and marketing teams we work alongside. It was also an opportunity to watch many of the key opinion leaders and drivers from the UK present too. And believe me they did us proud. It is great to see our professors being held in such high regard by our peers in different countries. The UK as a research base is up there with the best of them.

What was also amazing was seeing so many people from other countries speak. In particular for me Monique Stokman was wonderful. She is a hygienist from the Netherlands who has a PhD and is also a trained epidemiologist. She presented such a great lecture on oral manifestations and lesions and so happy to share her knowledge with others.

There was a good healthy dollop of controversy, with some showing that the evidence for calculus removal is thin at best, and others causing an uprising with the systematic review that shows flossing is not effective in preventing dental disease unless carried out by a professional. One delegate could not control herself and said – so I can’t take the calculus or teach them to floss....what exactly is my role then? And that is exactly the point.

Before you all get typing to the editor to complain:

1 These are not my views - I am merely reporting to you
2 These lectures are made to get a reaction, good or bad

Mark Ide and Nicola West presented after with a great look at evidence base and sensitivity. It was incredibly insightful.

‘Making yourself look at what you are doing day to day and justifying it is important to ensure we are practising best practice in our clinical lives’

There was a good healthy discussion and in particular the point. There were many from regular general practice clinicians too. This simple piece of analysis, either a small new piece of research, a review of current research on a topic, or a case study placed as a poster gave access to all sorts of conversations and in
4. Put your conclusion under
3. Make sure your abstract is
2. Put the title in a big heading
1. Make your title catchy –

European Jones' neighbours by
the UK could keep up with our
And it made me think how we in
being a lecturer or presenter.
ing without having to commit to
an introduction to public speak-
ing for 20 minutes allows the person

an overview of
a simple case study, a series of

partnerships in research started
some of the most famous part-
tional and interactive development
a training company offering motiva-
publish them in this column too.
my own personal target. I shall
present three in the next year as

top tips to putting a poster pres-

thing better.
we wanted to understand some-
research we looked at because
studies or just an overview of

into our working life. It could be
introducing poster presentations

poster presentations give access to all sorts of conversations

And so, here are my simple
tips to putting a poster pres-
etation together. I intend to
present three in the next year as
my own personal target. I shall
publish them in this column too.

1. Make your title catchy –

short, sharp, and effective

2. Put the title in a big heading

banners so they can see it from
distance

3. Make sure your abstract is

concise and matches the one

you submitted originally

4. Put your conclusion under

your title and again at the bot-
tom in order. This will draw

the reader in (Thanks to Martin
Ashley for that top tip – looking

forward to lecturing with him at
ADH 2015)

5. Have A4 copies of the pres-

e ntation available for people to
take and digest after the confer-

tation available for people to

opportunity in your poster – pa-

pers have to be dry and correct,

posters less so

6. Make sure you imprint your

personality in your poster – pa-

pers have to be dry and correct,

graphs and pictures

7. Put a picture of yourself and

a contact email or address on
your poster. You never know
who is looking and what oppor-
tunities it could bring

8. If it is being judged, read and

re-read the judging criteria as
this varies from group to group

9. Make it relevant to people

10. Make it look good and
don’t be stingy with the figures,

don’t be stingy with the figures,

I truly believe this is the future of
our evidence base. As the speak-
er who had said flossing doesn’t
work said “so go and prove me
wrong” Let’s take control of
our best practice guidelines.
I happen to know the BSODR
(British Society of Oral and
Dental Research) is holding a
meeting in Bath in 2015 and
would love posters from DCPs.
Look forward to seeing yours
there and hope mine will be se-
lected too.

GRACEY CURETTES
AND EVEREDGE
THE MOST EFFICIENT
COMBINATION FOR
ALL YOUR HAND
SCALING NEEDS

HU-FRIEDY - THE ORIGINAL MANUFACTURER OF GRACEY CURETTES!

STANDARD GRACEY CURETTE – The Gracey curettes combine a unique offset blade with 9 different shank designs to be used on specific tooth surfaces, thus improving adaptation and deposit removal. Also referred to as Finishing Gracey Curettes.

AFTER FIVE GRACEY CURETTE – Designed for instrumentation in deeper periodontal pockets. Elongated terminal shank (3mm) provides better clearance around crowns, and superior access to root contours and pockets 5 mm or more in depth. Thinner blade permits easier subgingival insertion.

MINI FIVE GRACEY CURETTE – Designed with the same elongated terminal shank (3 mm) and thinned blades as the After Five Gracey Curettes. 50% shorter blade for access to smaller roots, narrow pockets, furcations, and developmental grooves.

For more information on our products please:
- call us on 0770 318 6612 or 0770 318 6474,
- visit our website www.hu-friedy.eu
- e-mail us on info@hu-friedy.eu
- contact your regular Dental Dealer.

©2012 Hu-Friedy Mfg. Co., LLC All rights reserved.