D

espite the many re-
wards of being a den-
tist I have always felt
that, overall, ours is a lonely
profession. The stress of day
to day decision making, potential
litigation and the practice of
defensive dentistry is enough
to keep anyone busy, but add
on the stress of complying with
non clinical organisations such
as the CQC and having to nod
politely with the sheer mass
of risk assessments, practice
policies and legislation, this
is simply enough to suck the soul
out of any person.

Fellow editorial board
member Stephen Hudson
once told me that all you re-
ally need with your patients
is rapport, “no one sues you if
you have rapport with them”.
At the time I politely nodded
and pretended to agree,
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ning, “no one sues you if
you have rapport with them”.
At the time I politely nodded
and pretended to agree,

however as time went on I
found myself strangely drawn
to that statement and have
tried to improve my rapport
with patients ever since. I don’t
know if this will reduce the
future risk of complaints or
litigation, but I can certainly
say it has made day to day
working a slightly happier en-
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vironment.

Since entering dental school
I was always told that dentists
have the highest suicide rates
amongst all professions. I’m
not completely sure whether
this is in fact true, however a
number of authors have raised
the issue of suicide and have
highlighted its prevalence. A
literature review published in
the International Dental Jour-
nal by Sancho and Ruiz (2010)
looking at whether the risk of
suicide amongst dentists
is a myth or a reality came to
the conclusion: “In the litera-
ture we find systematically a
suicide rate among dentists
higher than those of other oc-
cupations. These studies lack
the correct scientific weight
and new studies are required
that introduce the demograph-
ic variables, the psychiatric
morbidty previous to the de-
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velopment of the profession,
the opportunity factor, the
stressors not related to work
and the relative emphasis to
these are necessary to for the
profession to decrease the risk
of suicide.”

Last December dentist Dr
Kamath committed suicide
after feeling ‘harassed and
bullied’ by health chiefs over
a monetary reward and unfor-
mately the practice of
blowing should be a statutory
sanctions’.

The proposal was to make it a
requirement for all NHS
employees to report
whistleblowing a statutory
duty for all NHS employees.
The proposal was to make it a
profes
dential obligation’ upon
for
for one am sick and tired of gov-
ernment officials telling us
how intelligent dentists are
every time they want to en-
force a new change. Our den-
tal school training doesn’t
teach us why or how to do
a legionella risk assessment or
why I find it easier to access
A sample online rather than
the NHSBSA website to
update and verify my pension
contributions! It teaches us the

demographic side of things brings rise to
such stress, but
specific part of the job that
is it easy to point the finger at one
amongst all. The stress of
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cult to point the finger at one
amongst all. The stress of
dentistry is a very
side of our control that must
make us question whether or
not we should continue our
concerns to higher powers. Whilst
on face value it may seem
that this decision should be
an easy one, in reality very
few people actually do whistle
blow and those who do are not
always met with welcoming
arms.

At the risk of stating the
obvious it is clear that the
business of dentistry is a very
stressful one and it probably
always has been. It’s diffi-
cult to point the finger at one
specific part of the job that
brings rise to such stress, but
in my opinion dealing with
the non clinical business
side of things brings rise to
many more problems than the
healthcare side we were
trained at dental school.

For most of us, creating
happiness within a workplace
clearly involves more than just
a monetary reward and unfor-
nately having to comply with
the raft of legislation imposed
upon the profession such as
HTM01-05 and CQC in-
spections simply claws away
just that little bit more happi-
ness from our day to day work-
ing lives.

Registration fee: DKK 2850,- (€ 380)
www.dentaltraumaguide.org/registration.aspx

Stress in the dental profession
Neel Kothari discusses the stress that comes with practising dentistry

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composite restorations, porcelain laminate, crowns and conventional bridges, implants and
autotransplanted premolars used in the treatment after tooth loss, will be analyzed in detail
and the most reliable treatments will be presented by 9 experts.

About the author

Neel Kothari qualified as a dentist from University of Eastman Dental Institute in 2005, and
currently works in Saunders, Camberwell as a principal dentist at High Street Dental Pract-
tice. He has completed a year-long postgraduate certificate in implantology and is currently undertaking the Diploma in Implantology at UCL’s Eastman Dental Institute.