



UNIVERSITY OF
PORTSMOUTH

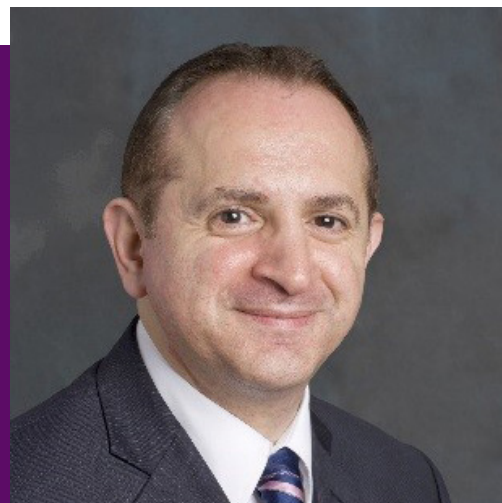
FILLING IN ISSUE 1

Latest news from the Dental Academy

WELCOME

Dear colleagues, students and friends of the Dental Academy,

It is my pleasure to welcome you all to our first issue of 'Filling-In', the newsletter of the University of Portsmouth's Dental Academy. Whether you are a colleague, current, future or former student, a collaborator or are simply interested in the Dental Academy, we very much welcome you and hope you enjoy reading this issue. With 'Filling In', we aim to keep you up to date with the latest school developments and many exciting and interesting projects in which our staff and students are involved. Please remember this is your newsletter too, so if you have any projects or successes to share, or suggestions for features, please email amy.fulllick@port.ac.uk.



PORTSMOUTH HOMELESS GIVEN FREE DENTAL AND EYE CARE

Dozens of the city's homeless have been given free dental care, eye tests and prescription glasses as part of a collaboration between the Dental Academy and the University's Eye Clinic.

The idea was the brainchild of clinical teaching fellow Janani Sivabalan, who wanted to find out what barriers this hard to reach group faced in seeking dental care. She said: 'We knew from an outreach activity with the homeless, run by our students before the pandemic, that there was a huge need for routine dental care among the city's homeless population, but when we opened our doors for follow-up treatment, only a tiny handful turned up. I wanted to try and see if we could better understand the barriers these people face in accessing dental care, so we could help more people.'

Janani asked the University's Eye Clinic director Daniel Stride if he would be interested in helping those who turned up and he was quick to agree. He said: 'The Eye Clinic has a history of helping those for whom high street opticians might not always be the easiest or best option. For example, we work with children with autism and other disabilities and adults with highly complex eye problems, all of whom tend to need longer appointments.'

50 patients were seen for dental work, with gum and tooth treatments including scaling, fillings and extractions. Cllr Darren Sanders, Portsmouth City Council's Cabinet Member for Housing and Preventing Homelessness, said: 'We are so pleased to hear that this scheme has had such good take up, and that people sleeping rough have been able to access this vital support. We're always on the lookout for innovative ways to provide services to people experiencing homelessness, so it's been really gratifying to link these teams from the University up with charities and providers in the city to get care where it's needed most.'

DENTAL CHECK UPS FOR THE PORTSMOUTH FIRST TEAM



In September last year, first team players from Portsmouth Football Club received a full oral health assessment with final year dental hygiene students, thanks to a collaborative partnership between the University and the Club.

The check-ups are an opportunity to catch any potential issues early, such as dental trauma from the sport, tooth decay from a diet that's often high in carbohydrates and sugars, or dental erosion caused by acidic sports drinks.

Professor Chris Louca, Director and Head of the School said: 'This is a particular area of interest for the University, looking at oral health and the performance of athletes. There is a growing body of evidence to suggest that there is more dental disease with elite athletes and a link between this and their performance. We felt it was important to engage with the football club as main club partners and the aim is to carry out some research looking at the links between the two.'

Future research will allow not only a better understanding of the frequency and characteristics of oral disease but also, to provide recommendations and individual advice for the best oral health care routine to improve footballers' oral health and reduce the impacts of oral disease on their athletic performance and quality of life.

Clark Robertson, Portsmouth Football Academy captain added: 'I didn't think about dental hygiene in relation to playing football. It's something that I will be thinking about more. I was given really good advice about my teeth and where I can improve.'

DENTAL ACADEMY STUDENT WINS BSDHT STUDENT OF THE YEAR AWARD

Dental Hygiene graduate Aaron Kinsey has been awarded the national student of the year award from the British Society of Dental Hygiene and Therapy (BSDHT).

This is the third time a student from the Dental Academy has won this award.

When collecting his award Aaron said: 'I am very honoured to be selected for this award. Thank you to the judges for choosing me as the winner and a huge thank you to the hardworking academic and clinic team at the Dental Academy. A very special thank you to my tutor, Dr Marina Harris, whose commitment has been awe inspiring. I am very grateful for this marvellous and brilliant experience.'

Aaron's tutor, Dr Marina Harris, said: 'Aaron is a worthy recipient and will be a great Ambassador for the profession and the positive impact that UPDA has had in his career progression. I do believe this is just the start of a promising future for this delightful young man.'

Professor Chris Louca, Director and Head of School, said: 'We are all very proud and impressed with Aaron's achievements and it is good to see the Dental Academy winning this award for the third time.'





BRUSH UP PROGRAMME

The University of Portsmouth's Dental Academy's Brush UP programme has been successfully providing infant schools and pre-schools in the Portsmouth area with the skills and equipment to run a daily toothbrushing scheme for the last 11 years. Brush UP also offers oral health screening and the application of fluoride varnish to children's teeth.

The aims of the programme are:

- To improve the oral health of children in Portsmouth
- To offer oral health education to support families in self management of oral health
- To signpost children in need of treatment to local NHS dental services or their existing dentist
- To encourage a positive relationship with dental services from a young age

Brush UP reaches nearly 1,000 children in Portsmouth and aims to ensure that as many children as possible, who would benefit from being on the programme, are given the opportunity to join. This programme encourages positive oral health behaviour that is embedded into children's normal routine to instil good lifelong habits that they will continue with, preventing tooth decay and pain, which can lead to hospital admissions.

STAFF PROFILE - NIDA MALIK

What brought you to the Dental Academy?

My time with UPDA started as a Dental Nursing student in 2014. I progressed onto studying a BSc in Dental Hygiene and Therapy (2018), a Masters in Research (2019) and now a PhD in Dental Public Health. Once I graduated from my undergraduate degree, I knew I wanted to continue with an academic career alongside clinical work. However, the options for dental care professionals and further education within dentistry is limited. Portsmouth is one of the very few universities which supports postgraduate studies for people like myself. I have found Portsmouth to be an institution which enables Dental Care Professionals like myself to progress both clinically and academically through educational opportunities.

What does your role involve?

My role involves clinical supervision of dental care professionals. I also teach research at an undergraduate level for students in the second and third year of study. As a PhD student, I am also an active member of the journal club.

What do you like most about the role?

I thoroughly enjoy sharing my skills and knowledge with undergraduate students to inspire and support them to become competent dental professionals. Being able to witness a student's progression is greatly rewarding. As an academic, I am also continuously learning, in order to teach you must also learn, so I am constantly challenged to keep up to date with the newest methods and research out there within dentistry, which is an added bonus.



What keeps you busy outside of the University?

Outside of my working life, I run a charity called Dental Adventures. This is a non-profit organisation which provides free dental treatment to rural communities in Nepal, close to Mount Everest. Volunteers from the UK travel to Nepal to carry out free treatment over a period of 5 days. However, since the pandemic has caused travel disruption, it has not been possible to travel to Nepal. In the meantime, supplies and donations have been sent to deprived communities to help support those in need during this difficult period. If you are interested to hear more about Dental Adventures, please visit the instagram page @dental.adventures for updates and ways to get in contact should you wish to make a donation or take part as a volunteer.

PGCERT IN CONSCIOUS SEDATION FOR DENTISTRY

We are pleased to announce that this year we are providing a PgCert in Conscious Sedation for Dentistry.

If you are an experienced dentist looking to expand your clinical expertise, a qualification in conscious sedation should be top of your list.

On this one year part-time course, you'll gain the practical and theoretical knowledge you need to carry out conscious sedation in your practice, which is a highly sought-after dental skill.

You'll learn practical skills at the Dental Academy – a training provider accredited by the Sedation Training Accreditation Committee (STAC) – and at the clinic facilities of our partner provider, Solent NHS Trust Special Care Dental Services. Both training centres feature the latest specialist equipment to help explore dental sedation techniques safely under expert supervision.

The course is taught by Professor David Craig and Caroline Frolander. David is a Consultant in Special Care Dentistry at Guy's and St Thomas' NHS Foundation Trust. He has over 30 years experience teaching dentists, doctors and nurses to use conscious sedation techniques. David is also a Visiting Professor at the University of Portsmouth.

Caroline is a Clinical Director and Specialist in Special Care Dentistry, responsible for Clinical and Strategic Leadership of a Special Care Dental Service covering Hampshire and the Isle of Wight. She is experienced in delivering hands on training in conscious sedation for all members of the dental team.

Course participants will be given the opportunity to sedate and treat several patients provided by NHS Solent Trust within their dedicated Special Care clinics, over the duration of the course and under the supervision of highly experienced and qualified clinical specialists. The fee for this course is £5,000 and starts September 2022. For more details, please visit our webpages or if you have any questions about the course, please email robert.seath@port.ac.uk.

COLGATE ROBIN DAVIES DCP RESEARCH AWARDS

Last year, Jeni Malpass and Samia Turkistani were awarded the Colgate Robin Davies DCP Award (2020 and 2021). Colgate and the Oral and Dental Research Trust offers awards for research conducted by Dental Care Professionals. The awards honour Professor Robin Davies' contribution to dental research.

Jeni's study will look at the acceptability of an oral care training programme and understand any change in knowledge, attitudes and practice of staff in care homes following training in the delivery of oral health care based on the Public Health England oral health toolkit.

Samia's study will explore dental nurses' perceptions and experiences of the updated infection prevention and control guidelines, particularly the face mask requirements for aerosol-generating procedures and their preparedness to resume work after the COVID-19 lockdown restrictions were lifted.

This is the fifth consecutive year that the Dental Academy has been awarded the Robin Davies DCP Award.



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