



# DENTAL STUDENT

SUPPORT FOR DENTAL STUDENTS SINCE 1991



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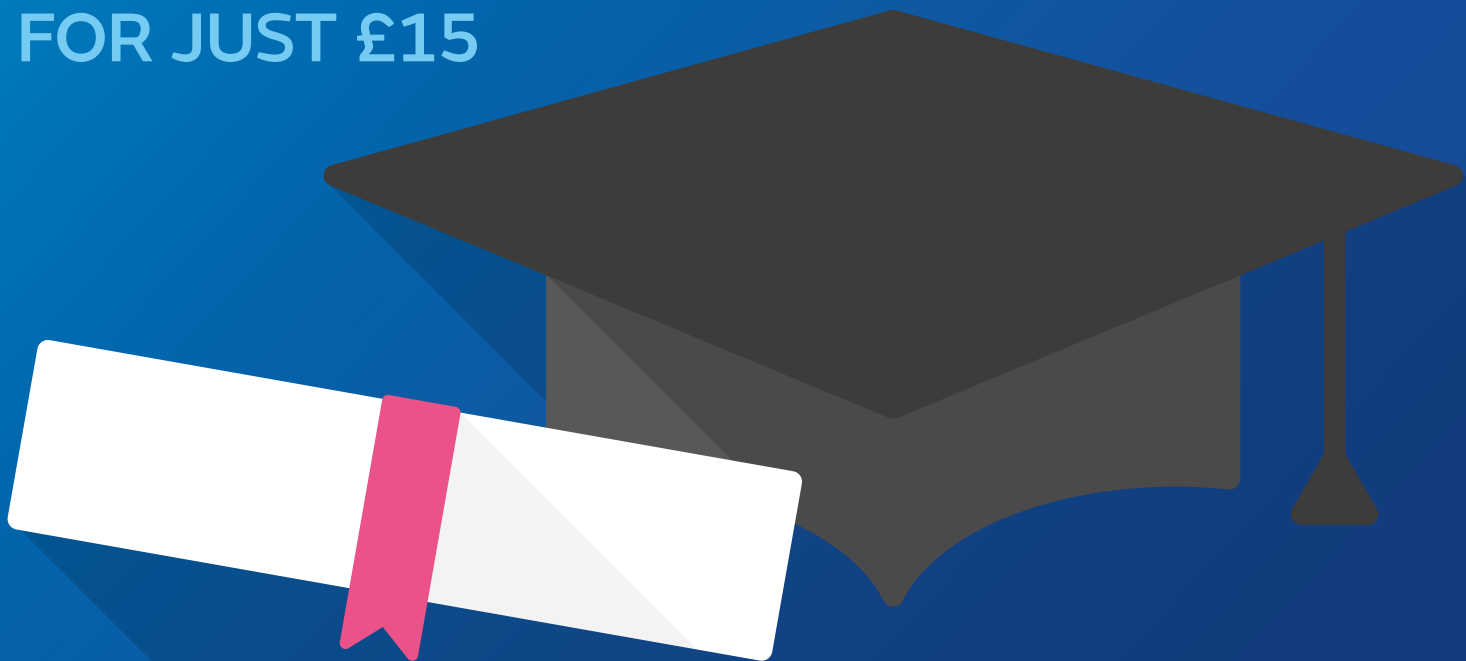
### THE PROFESSIONAL MOMENT

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THAT YOU DO IT



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# INTRODUCTION

Christmas is drawing nearer, and I'm sure like all of us here at Dental Protection, you're looking forward to the winter break.

Like every year, we've just had our busiest few months as the new academic year started. So far we've managed to visit all the schools across the UK and Ireland visiting final years, hosting elective events, meeting dental society committees, yearbook teams and the brand new cohort of freshers too! If you are one of the new first years and this is your first time receiving Dental Student we hope you find it informative and useful during your time at dental school.

In October we also had the pleasure of enjoying all that Leeds had to offer when attending the BDSA Sports Day this year. As always we thoroughly enjoyed meeting and speaking to you all – and naturally, seeing all the fixtures! You can find a full write up the BDSA Sports Day on page 14.

A few weeks ago we said a fond farewell to Ailidh Aikman, our Scottish and Irish school rep, as she's left Dental Protection for pastures new. Although we're all sad that Ailidh's no longer working with us, we can't wait to get the new rep in place. We'll give you all an update as soon as our new team member starts.

We hope you all have a lovely winter break, and - for those of you revising – best of luck! We wish everyone a very Merry Christmas from all of us here at Dental Protection.



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# DENTAL PROTECTION NEWS



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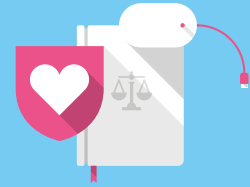


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You can renew on our website for as little as £15.

75% of UK and Ireland young dentists choose Dental Protection as their defence organisation.  
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## YOUNG DENTIST WEBSITE

[theyoungdentist.com](http://theyoungdentist.com) is a unique website from Dental Protection, created by young dentists for young dentists to help support you in the early stages of your career, with wide range of articles, practical tips and case studies.

Whether you are already thinking ahead to foundation training, considering working abroad, unsure about what avenue to take next or just interested in hearing about others' experiences, check it out at [theyoungdentist.com](http://theyoungdentist.com)

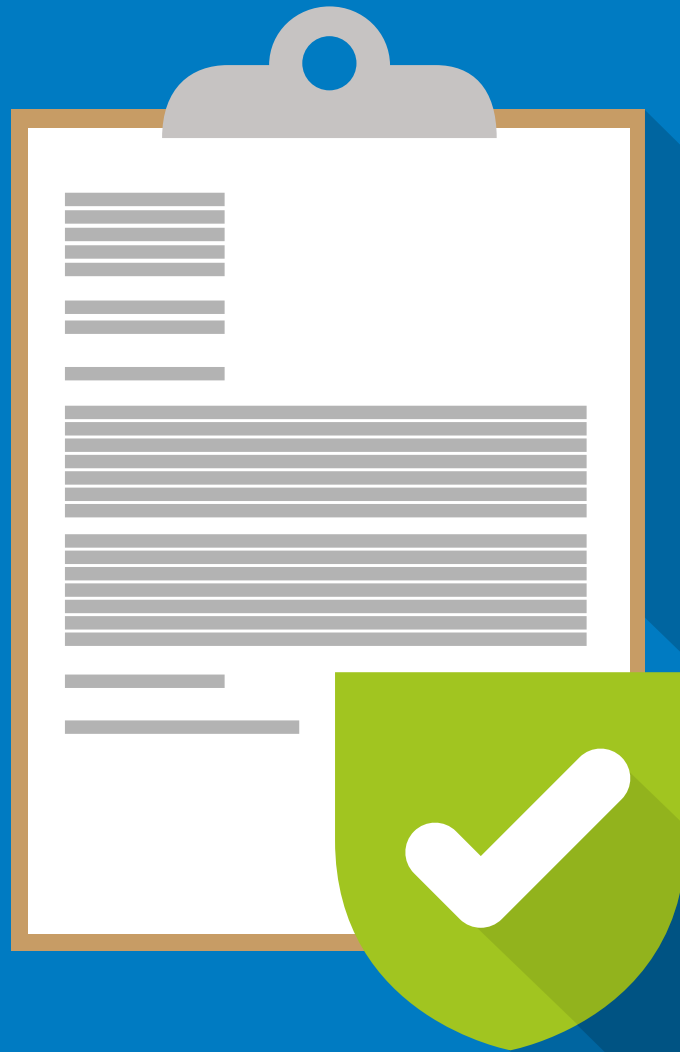
## WINNER OF THE 2015 'DENTAL STUDENT OF THE YEAR' AWARD ANNOUNCED

Dental Protection and schülke were proud to sponsor the 'Dental Student of the Year' award again for 2015. The award aims to acknowledge the continuous hard work of dental students across the UK. Entries were assessed on the following criteria:

- Ethics
- Professionalism
- Record keeping
- Cross infection control
- Team working
- Consent
- Communication
- Health and safety
- Confidentiality

The award is now in its third year and, for 2015, the quality of the entries were better than ever. The judges had an extremely difficult job of selecting the winner but we are pleased to announce this year's 'Dental Student of the Year' is Rajveer Athwal, of Liverpool University. Rajveer collected his award and prize of £1,500 at this year's Premier Symposium held at The Shaw Theatre, Pullman St Pancras, London on Saturday 28 November. Congratulations to Rajveer and many thanks from the Dental Protection team to everyone who entered.





# SCHOOL REPORTS UPDATE

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A look back on the first Autumn term

Well, what a busy few months! We've been to all the dental schools since the start of September and met lots of new faces. A big shout out to all the new dental committees this year – you've already been superb.

Here's a round-up of the activities you've enjoyed...

# A

## Aberdeen

It has been a fantastic start to the year at Aberdeen Dental School as we welcomed the new freshers and our new Director of Dentistry, Professor Richard Ibbetson. We began the year with our annual pub quiz, which saw some rogue hosting by our BDS3 students and far too many bevvy's at our new dental pub-the Old School House. After a solid week recovery for all, the committee hosted a charity badminton tournament, Jamal Khan and Matthew Alexander snatch the coveted title in a strongly competitive match watched by hundreds. Committee worked hard to ensure AUDDS attended the BDSA Sports Day for the first time ever! 18-person strong, we travelled the long 10 hour drive to Leeds, picking up more troops from Dundee DentSoc. We would like to thank Leeds DentSoc for being great hosts. Since then, we organised our Halloween Pub Crawl that was a great success and we look forward to our first annual Christmas dinner!



# B

## Bart's

It's been a fantastic start to the year here at BL with the official opening of one of our outreach centres – Sir Ludwig Guttmann Dental Clinic in Stratford, by the one and only Kate Richardson-Walsh MBE (Great Britain Hockey captain and Olympic Bronze Medallist at the London 2012 Olympics).

We kick-started the academic year with our traditional icebreaker event and the fancy dress night, 'Emergency Services'.

We later headed to Leeds for the BDSA Sports Day! Credit and thanks to the Leeds committee for putting on a brilliant weekend to remember!

We have plenty more in store in our jam-packed calendar including the Presidential inauguration, student staff quiz and our Christmas party.

Nothing would be possible were it not for the incredible commitment and dedication the DentSoc committee have put into their roles. Their continued efforts are the reason why we are able to work on improving the student experience. I wish you all a happy new year and look forward to seeing you all soon!



## Belfast

We kicked off this year as the new committee with a zoo-themed night. Everyone came in costumes with copious amounts of paint and glitter - and inflatable friends! This was our back-to-school party and it was a major success. We were busy introducing the first years to the BDSA and encouraging them to get involved and make new friends. We had a break-the-ice pizza party where we ate ourselves into food comas, played Twister and table tennis that ended up getting very competitive. Our latest - and most popular - event to date was the mystery tour. We all boarded the belfast coaches and had a three stop adventure that included a barbecue. We played games on the buses and it was a day to remember or-maybe not so memorable for a few. We are currently putting our heads together to organise the IDSA weekend where we will be joined by Dublin and Cork, who last year set the bar high.





## Birmingham

2015 has been a busy year for the BUDSS committee. We have worked incredibly hard throughout to organise numerous socials to remind our students that dentistry isn't all work and no play! We started this year with a masquerade-themed dental ball, held at the elaborate Council House, with staff and students coming together for a night of great food, bubbly and dancing. We held a charity pub crawl, summer BBQ, staff-student football and many other events to unite our students and raise money for various charities. Furthermore, to celebrate our fifth year officially qualifying as dentists, 300 students and staff all embarked to Stratford-upon-Avon in fancy dress for an evening of drinking and impressing the locals with our extravagant costumes! To introduce our new cohort of freshers we hosted our annual freshers fair giving them enough toothpaste to survive first year and introducing them to companies that will support them throughout their time at dental school. This year, our annual minder mindee event was based on an American frat party theme; here we paired each fresher with an older student to exchange details, provide some reassurance and encouraged them to get to know each other through various party games.



## Bristol

Every committee strives to leave a legacy benefiting students for years - that goal is heightened this year. UBDSS plays a crucial academic role in supporting students and we are working to expand our outreach programme, improve early clinical experience and revitalise our study and social spaces. Exclusive dental conferences have been subsidised to no cost to our students to learn about new advances and see the bigger picture beyond the four walls of dental school.

Bristol's social events are more famous than its ridiculous number of exams. The Christmas clinical meal, dental ball and revue are classic favourites in our calendar, but Diwali, and new events with Birmingham and Cardiff, are set to be exciting additions. As the only licensed dental bar in the UK, we continue many bar traditions that unite students of every year. Continued support goes to our football and netball teams - Oral Intruders and Ultrasonics who have started the season strongly.

We hold the UK's only dental exchange with the Hannover Dental School in Germany. This year, we will welcome our Austausch (exchange) students. A smorgasbord of events and fund-raisers is planned to make it a huge success.

We are also driving for the school's biggest charity push. Whether giving toothbrushes and OHI to Bristol's homeless, providing oral hygiene aids to the refugees in Calais or selling ourselves as slaves in auctions - we are united by charity. A joint campaign with the Medical Society is also planned.



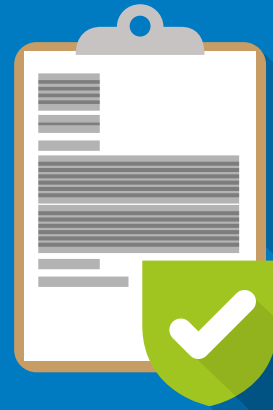
# C

## Cardiff

It's been a fantastic start to the first term for Cardiff, with our social calendar being as hectic as ever. This year, freshers week Cardiff saw a fantastic turnout for our new meet-and-greet Primary Impressions - An 80-person strong party from Cardiff journeyed up to Leeds for the BDSA Sports Day. Although we didn't quite manage to win the sports, we very much enjoyed the social side of the weekend. Our annual fancy dress Halloween social at 'Mumbles Mile' in Swansea certainly did not disappoint, with some incredible costumes - a great night had by all! Our biggest event of the year is this year's dental ball, held at Hensol Castle, with blackjack, roulette and racing simulators in a Monte Carlo themed event.

The new year is set to be just as busy, kicking off with a ski trip heading to Val Thorens along with four other dental schools. With incredible skiing - and the best après-ski venues in the Alps on our doorstep - it is sure to be a trip to remember. Having returned from the last EDSA meeting in Szeged, Hungary, with a successful bid to host the EDSA conference in Cardiff in 2017, we are excited to be in the initial stages of planning what is sure to be an incredible meeting, that will show off our great facilities at Cardiff Dental School and the beautiful city.





# D

## Cork

The year kicked off with a welcome back party for clinical years. It was an evening with plenty of catching up, dental banter and gourmet pizza, of course!

Our first and second years were then welcomed back with our adventurous Toga party, where many dental students were seen scaling Cork city wearing togas into the late evening – quite a sight it was.

The DentCup Soccer Tournament was the next event on the list where our dental students left their mirrors, probes and textbooks behind to battle it out on the pitch. Both finals went into nail-biting penalties where the tension was felt by all present on this historic night. The 5th year boys and the 3rd year girls were crowned the ultimate champions – both teams having never won the cup before.

It may seem like all fun and games, but we have been hard at work setting up our annual book sale, where students can buy cheap second-hand books. We also collaborated with MedSoc and PharmSoc to hold the annual Health Sciences Debates.

During Cleft Lip and Palate week, we organised a talk and documentary screening, with SurgSoc in conjunction with the wonderful Operation Smile!

An amazing dental ball took place at Rochestown Park.



## Dublin

As the weeks continue to fly by in our first term in 'office', DDUH students are still managing to find the time to make the most of student life and enjoy the much anticipated dental school nights out. So far this year, DOVE has organised some great events, such as our annual elective night presentations from last year's committee - a huge success with some fantastic presentations. Our meet-your-mate fresher's event was a great night as we welcomed our new students to the school. As always, there were some great costumes at our fancy dress Halloween ball. Our last event to date was the much-anticipated Las Vegas-themed winter ball in the Gibson Hotel, a truly classy event, ending in the infamous Copper Face Jacks nightclub. Our final event for this term is our international mystery tour in December, a great few days to be spent at our mystery location post Christmas exams.



## Dundee

We started the year by welcoming our lovely new first years to sunny Dundee with a lunch with the new committee. Kindly sponsored by Dental Protection, it was a great chance to meet our freshers and for them to get as many freebies as they could, not to mention a year's supply of free pens. We rounded off freshers week with a fabulous round of pub golf, with all the years donning their golf gloves for a tour of the finest watering establishments Dundee has to offer. In October, we had a hypnotist event where some willing volunteers took a leap deep into their subconscious, much to the enjoyment of everyone watching. It was a hilarious evening that even featured two of our committee members running around dressed as Jedward. Last week, came the most anticipated day of the year - field day. Dressed as escaped convicts with the theme of 'Orange is the New Plaque' Dundee took Glasgow by storm with an equal amount of enthusiasm shown both on and off the sports field. It was a fantastic day thoroughly enjoyed by everyone. Cheers Glasgow!





# G

## Glasgow

Glasgow - and the GDSS - have been very busy already this year. Most recently with organising the annual inter-dental field day – this year hosted in our very own Glasgow! ‘Orange is the New Plaque’ from Dundee took on ‘Papillae Wonka’ from Glasgow in tests of strength, wit and fancy dress – with Glasgow only just coming out on top. Highlights of our year so far also include our annual Big-Little field day, pub golf and, a new addition for this year, our Zombie Apoca-loupes Pub Crawl.

Following on from the success of last year, our sports teams have been going from strength to strength. Hockey, football and rugby teams have all been very successful in their matches so far. A terrific effort from Glasgow resulted in us being crowned runners-up in the BDSA Sports Day in Leeds.

Much of the GDSS is currently trembling with nerves in anticipation of the annual Glasgow dental pantomime – *Alice In Gumberland*. With a live band and all of Glasgow’s talent on showcase, it’s sure to be a brilliant evening.



# K

## KCL

It’s been another amazing first term here at King’s College London.

The year kicked off with the annual Dental Society boat party. A sell-out event, like previous years, the boat party saw 350 KCL students take to the River Thames to enjoy a memorable evening with a casino theme.

The BDSA Sports Day was hosted by Leeds this year and saw an excited 130 KCL students make their way up from London. The weekend saw fierce competition between all the dental schools during the day, followed by fantastic socials in the evening. We’re all looking forward to the BDSA Conference 2016 which will be hosted by Liverpool.

This October saw the return of the Pulp Crawl to home territory – London Bridge. All years showed great creativity and enthusiasm for the fancy dress aspect. KCLDS committee members were dressed as ‘police’ who were more than happy to enforce games to the sell-out crowd – a first for the event.

The ever-popular Dental Society talks series started with an enlightening lecture on decision making. Internationally renowned speakers ensured the lecture theatre was bursting with student and staff alike.

Other events through the term included fresher’s meet-and-greet, welcome socials for new international students, GPEPs and students here visiting on electives, as well as the Christmas social.

Next term will see London dental students go head to head in the highly anticipated King’s vs Bart’s social. The 3rd years will celebrate their half-way dinner and other years will also have an opportunity to enjoy formals.

# L

## Leeds

We have had another fantastic term and start to the year here at Leeds.

We greeted the freshers as per tradition with the mission bar crawl, lots of pizza at ‘meet the parents’ and, of course, the official initiation into the Leeds Dental family at the infamous freshers’ bop!

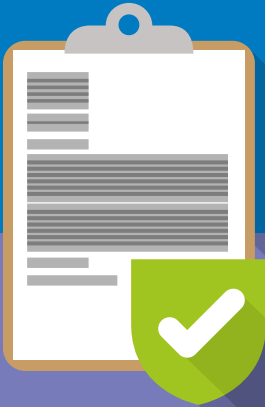
Shortly after, we welcomed 1,300 students and DFs from all across the country to Leeds for BDSA Sports Day! It was a jam-packed weekend of sport, socialising and fun - we hope you all had just as incredible a weekend as we did.

The fun didn’t stop there. We were kindly invited to Liverpool for the Halloween mystery bus social, which was an absolute scream! The Otley run had us taking a walk through time from the beginning of civilisation to the future - as always the fancy dress was taken to the next level.

Amid all the socialising, we’ve been busy raising awareness and money for the Ben Walton Trust and a group of daredevil dentists up to Newcastle for the annual charity bungee jump for SARSVL.

The Christmas meal social will get us in the festive spirit as too will the German Christmas markets. Spring term is set to be another exciting and busy semester with the third years’ meal, glamorous annual dental ball, a reading week trip to Amsterdam, the Dental Revue show and, of course, the BDSA conference in Liverpool.





## Liverpool

Our year kicked off with a fantastic start after welcoming the new graduate entries to the school in our Meet the Grads event! Freshers week saw the latest first years join us and throw themselves into university life at our freshers' bar crawl, followed by a grannies and babies-themed mentor-mentee night, where the Freshers got to meet the rest of their dental families.

BDSA Sports Day saw us perform well on the sports field (especially in netball and women's football), and on the dance floor, turning out to be a fantastic weekend for everyone involved.

Our annual music-themed mystery bus tour kept everyone guessing, and took us all the way to Sheffield for a messy night out, and was followed with a busy Halloween as we were joined by both Liverpool vets and dental students from UCLAN and Leeds for a frightfully fun night!

Other events included pub golf, the treasure hunt, our charity fashion show, and of course our annual dental ball, which promises to be as memorable as ever!



# M

## Manchester

What a start it has been for all at Manchester this semester. We've launched a new revolutionary website, put on some great socials and had a blast at the BDSA sports day in Leeds. The freshers events were all a huge success followed by the Halloween enigma night - thanks to the social reps, these were definitely some nights to remember! The Christmas social this year will be a special one, MDSS presidents will be shaving their heads for charity, so watch this space.

We are hosting a Venetian masquerade ball after Christmas and the ball reps are hard at work organising what is certain to be the most memorable yet. The dental revue and staff/student charity day will also be taking place in the new year. Manchester is looking forward to the BDSA Conference and will be sure to send plenty of attendees.

New for this year at the MDSS was the introduction of a dental families scheme, with the aim to increase integration between the years. It has been a great success - with more than 175 people signing up for the scheme. Such schemes really emphasise the sense of community within the dental school.

There has never been a better time to be a dental student at Manchester, follow us at [mdss.co.uk](http://mdss.co.uk)



# N

## Newcastle

Following a much-needed break, Newcastle's DentSoc worked hard to fill the void of sunshine and stress-free evenings. We kicked off our social calendar with a clinical years DentSoc, with staff and students. After a merry catch up, the new committee got to work organising the freshers' fair and subsequent bar crawl for the new members of our dental family. Meanwhile, the battle of presidency was brewing with our three presidential candidates. Several stressful sleepless nights were had by all opponents in the run-up to our biggest social event of the year - the hustings! featuring the screening of our three presidential videos to a large audience of past and present DentSoc members. A week of anticipation followed while the school decided its new president and the announcement was made at our Halloween DentSoc, where fancy dress outfits exceeded themselves with our winner resembling a life-size Dobby the elf (with accompanying socks). Remaining events for this term include a fundraiser for charity, Movember, ice skating and Christmas DentSoc. Some interesting facial hair is currently being sported around the dental hospital by both students and staff so hopefully large amounts will be raised! The new year and term will commence with a visit to the theatre.



# P

## Peninsula

Freshers Fortnight was a very busy time for the DentSoc committee here at Peninsula Dental School, and we are proud to say that it was a massive success. A great range of activities took place aiming to help the new Year 1 dental, dental therapy and hygiene students settle into the swing of life as a Peninsula student. The new freshers had a chance to sink their teeth into events such as the DentSoc and MedSoc boat party where we partied the night away cruising around the southern harbour. We also had a 'dental families' charity quiz where the freshers were introduced to their year 2 'dental parents' as well as bowling, house parties and many other exciting events. These events combined were a great opportunity for the older years and new students to get to know each other and have a memorable experience. The DentSoc committee are currently organising and preparing for the prestigious annual DentSoc Christmas Ball. This year, the venue is the National Marine Aquarium that will set the scene for what we hope is going to be an amazing night. During October, a large group of Peninsula students braved an eight-hour journey to participate in this year's BDSA Sports Day in Leeds that turned out to be a fantastic occasion and a chance for Peninsula to mingle with the other UK dental schools. Peninsula Dental School has generally had a busy start to the term with the students working hard to settle in and get into routine.



# S

## Sheffield

Already this year, SUDSS has been an extremely vibrant society. September saw the arrival of our new freshers and we welcomed them with a dental family meet-and-greet, Freshers' Dissection Social and an ice-breaker session, which proved to be a lot of fun.

In October we headed to Leeds for a fantastic BDSA Sports Day, with outstanding effort from our sports teams leading Sheffield to Victory for the second year in a row!

For Halloween, we headed to Manchester and met up with Manchester Dental School for a night of fancy dress and meeting new friends.

November was a busy month for the Society, with a magical Alice in Wonderland themed dental ball and our Mouth Cancer Awareness Week, in support of the Ben Walton Trust.

This year we're planning a Christmas Pop Tarts Social. 1st years dressed as elves right through to 4th/5th years as Mr and Mrs Claus!

We are currently planning a paintballing social in the future after Christmas and we plan to also set up a SUDSS Blood Drive too, with around 70 students pledging their support. A great way of encouraging everyone to give blood!

It's been a busy semester so far – and I just want to thank all involved for helping to make it happen.

# U

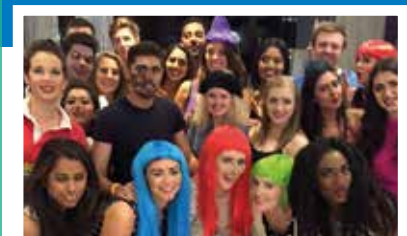
## UCLAN

Although summer seemed to fly by, we were all looking forward to coming back and starting afresh in September. Freshers kicked off with a welcome meal and the annual pub crawl, which this year was themed 'stopping enamel cruelty one step at a time'. With freshers dressed as anything from penguins to zebras. Bowling was another fun event, with natural competitiveness shining through! Next came the highly anticipated Sports Weekend in Leeds. Uclan came dressed as crayons, pop art and even painter/decorators for the 'Art Attack' theme - with a few of us wearing the iconic red jumper Neil Buchanan made famous!

Uclan were lucky enough to partake in Enigma once again, with a fun night planned in Liverpool. As always, it was well organised and gave us a chance to try a new city - if only for one evening!

Also on the calendar, the annual Christmas meal at one of our favourite local restaurants in Preston, and the annual dental ball, which will draw inspiration from James Bond's *Casino Royale*...

Other events include the Trade Fair. After the success of last year's 'Dental Student Bake Off', it won't be an easy job to top!



# ELECTIVE COMPETITION



Congratulations to Nicole Gainska from Glasgow Dental School, for this year's Elective Photo Competition winning entry of a breath-taking view from the slopes whilst snowboarding in New Zealand. She scoops £300. The four runners up – Holly Schofield, from Dundee University, Angie Yi-Jiun Guo, also from Dundee, Gurpreet Sembi, from University of Bristol and Radhika Varsani, from King's College London, all win a £50 canvas voucher each for capturing their amazing experiences on their electives. Below, we hear about their trips...



**WINNER**  
**NICOLE GAINSKA**  
GLASGOW

I observed practice within the Children's Hospital at Westmead/Centre for Oral Health near Sydney, Australia. This, to witness various clinics and cases, amidst experienced individuals in the paediatric field, enhanced my communication skills through patient interactions and inspired confidence in my own abilities as a dental student. Favourite views included a breath-taking canvas of stars above a campfire, a beach airfield hurtling towards me whilst freefalling from a plane, swinging into a canyon from the world's highest cliff jump, and snowboarding some of the best slopes New Zealand has to offer – they're called the Remarkables for a reason!



**RUNNER UP**  
**ANGIE YI-JIUN GUO**  
DUNDEE

My elective took place in Scotland, Cambodia and Taiwan. I sampled the whole spectrum of dentistry – from the low socio-economical areas, where oral hygiene awareness is poor and dental access difficult, to the modern high tech private practices at the heart of metropolitan cities. The challenges of limited resources, appointment visits and the language barrier made it an eye-opening experience. We visited the National Taiwan University Dental School and teaching hospital, where the difference in caries approach and the clinician-patient relationship were marked. In Taiwan and Scotland, I shadowed three specialist dentists in private practice and a hospital setting. Ultimately, I gained precious insight into career pathways.



**RUNNER UP**  
**HOLLY SCHOFIELD**  
DUNDEE



**RUNNER UP**  
**GURPREET SEMBI**  
BRISTOL

I have always had a fascination with the cultures and traditions of Asia. Not only did my clinical knowledge and skills benefit from carrying out humanitarian work there, but I also gained a life experience whilst exploring beautiful countries. Leh, in the Himalayan region of India, is a tight-knit community situated within vast mountainous landscape. Providing a dental service here was extremely rewarding; we felt very much part of that community. Cambodia and Vietnam, on the other hand, were bustling and vibrant – as shown in my picture – with a wonderful and unique culture.

I volunteered in the General Teaching Hospital Kandy, Sri Lanka, with Work the World. More than 100 emergency patients were assessed each morning, with several wisdom tooth surgical extractions, oral cancer diagnosis and orthodontic treatments taking place. The energetic atmosphere of Sri Lanka never failed to disappoint and I explored the iconic White Buddha, Kandy Lake, Temple of Tooth and the cultural triangle around Habanera. Sanka is one of the largest orphan Asian elephants I came across on my journey and I was lucky to be able to touch, wash and sit on his back. As you can see from the photo, he appreciated the attention and sprayed me as a thank you!



**RUNNER UP**  
**RADHIKA VARSANI**  
KINGS COLLEGE

I travelled across Chile, Bolivia and Peru, with one of my aims to witness dentistry in the rural outskirts of Cusco. I was exposed to very different environments with a shortage of materials in some areas, and some big differences in infection control, too. South America has so much to offer, from sandboarding at midnight in Chile under the stars and a full moon, to white water rafting in Cusco and witnessing the lagoons and largest salt flat in Bolivia. My picture captures the reflection of the flamingos in Laguna de Chaxa, Salar De Atacama in Chile.

# BDSA

## SPORTS WEEKEND

### 2015



Every year BDSA Sports Weekend takes things to the next level making this legendary event even BIGGER and BETTER and this year was no exception!!

Leeds were delighted to play host to 1300 Dental Students from across the UK, with Aberdeen Dental School attending for the first time ever and an official Dental Foundation Trainee team competing alongside fifteen other Dental School teams from across England, Scotland and Wales!

The weekend kicked off in style with the traditional BDSA T-shirt night held at the famous Leeds club, Mint Warehouse! Drinks flowed, moves were busted on the dance floor and everybody was on top form, socialising, having fun and enjoying a cheeky burger or two from our on site take-away van!

Feeling not so peachy Saturday morning, the teams managed to drag themselves out of bed, grab a quick bite of breakfast and hop on the shuttle buses up to John Charles Centre for Sport for a day of competitive but friendly sport.

It was a fantastic day! The trade fair was super busy, the atmosphere was electric and it was amazing to watch the skill, dedication and sportsmanship demonstrated in all four sports by all teams in the men's football, women's football, mixed hockey, mixed netball and for the first time ever, mixed touch rugby! In between all the tough competition, great fun was had challenging one another on the bungee run and in all the fun three-legged, egg and spoon and PPE races!

Congratulations goes to Sheffield who battled their way to the top and, for the second year running, were crowned BDSA Sports Weekend Champions!!

The fun and games didn't end there of course, everybody revived their childhood imaginations on Saturday night and went all out with their fancy dress costumes for a night in "The Playroom" at Leeds University Union! The buffet dinner in terrace went down a treat and the photo booth snaps captured the amazing fancy dress efforts perfectly!

Recovery Sunday brought sad goodbyes to both old and newly made friends as contacts were exchanged and promises made for meeting up again at next years event before everyone headed off on their journeys home.

A massive thank you must be said to Dental Protection and all our wonderful sponsors for their help and support in making this event possible and of course to all the fantastic Leeds volunteers without whom the weekend genuinely would not have been possible. Their team spirit, enthusiasm, hard work, energy and commitment is what made this such a special event with the biggest attendance to date!

Of course, a BIG thank you must also go to all of you, without whom this event could not have taken place! We loved having you in our wonderful city and hope you all had as an incredible time in Leeds as we had hosting. We look forward to seeing everyone at BDSA Sports Weekend 2016, if not before at the BDSA Conference in Liverpool!!

**Katie McDonald-Meyer**  
BDSA Sports Weekend Organiser





## FUNDING YOUR DENTAL ELECTIVE



*Nathalie Lear*, a final year at King's College, shares her experience of funding her elective that took her to the Peruvian Amazon

**I**t's the summer you've all been waiting for - six glorious weeks to travel, explore and experience dentistry in a completely different social and cultural environment.

You have probably spent most of third year dreaming of where to go, but, now you're in fourth year it's time to start planning. Be warned - if you want to pack in as much adventure as possible that usually comes with a hefty price tag.

The cost of an overseas elective is high, as I have found out first hand. It all adds up: flights, project fees, accommodation, and activities - the list goes on.

Here, I hope to share my experience of how I applied for funding to help with the cost of my dental elective and provide you with some useful tips.

**1**

### WHAT DO YOU WANT FROM YOUR ELECTIVE?

Every elective is different. So decide what is it you want to gain from the experience. Do you want to spend the least time possible observing dentistry and then escape on holiday? If so, this article is probably not for you. If on the other hand you are willing to fully immerse yourself in a project then your elective is likely to create quite a lasting impression.

**2**

### CHOOSE YOUR ELECTIVE PROJECT

If you are seeking funding for your elective you have to take on a worthwhile project. Think, if you were a charity organisation or business, would you be willing to help fund this project? I volunteered with Project Amazonas, a charity that provides dental treatment for remote communities in the Peruvian Amazon. Similar organisations include Global Brigades and The Vine Trust. If you are also intending to carry out some research, it is likely to make your elective project stand out.

# 3

## ESTIMATE YOUR COSTS

You need to be realistic; calculate your costs carefully. The figure may be a little scary! It is unlikely you will receive funding for the whole elective, so it is worth calculating if you could fund most of your elective yourself. Create a detailed budget of all your anticipated costs, include flights, accommodation, project fees, spending money etc. (Indeed, many funding applications request this information).

# 4

## START RESEARCHING

You are now ready to begin searching for a matching funding source. There is a huge book called the Directory of Grant Making Trusts, the most recent edition is 2014/15. It includes all grant-making organisations and lists what causes they support. There are numerous sections - check out grants for individuals, grants that support healthcare, and organisations specific to the geographical area that interests you.

Looking for local charities at home is also a good idea. There may be charities in your local area for young people to expand their knowledge and education. You would be surprised how many travel grants there are out there!

Don't forget your university. Some offer bursaries and travel grants for electives. Check out what is on offer in your own alma mater.

You should also use a search engine - Google is a student's best friend, particularly if you can use the search engine to filter your results. Try to make your searches specific - just typing in dental elective funding will give you hundreds of results that aren't often that useful.

Some useful websites when searching for travel grants:

[www.turn2us.org.uk](http://www.turn2us.org.uk)

[www.money4medstudents.org](http://www.money4medstudents.org)

# 5

## MAKE A LIST OF THE TRUSTS YOU WISH TO CONTACT

Once you've completed your research, there should be a list of the charities you wish to contact. Before getting in touch, ensure you meet all their requirements. Most have strict eligibility criteria and they won't budge from them. If you don't meet the criteria, don't waste your time.

# 6

## START APPLYING

Some trusts may have an application form on their website, others may require you to drop them an email or letter to express your interest. First things first, spell the charities name correctly! I made the mistake of misspelling the name of a charity and, as you can imagine, this resulted in a less than positive response.

Try to avoid sending a generic email to all your potential sponsors on your list. You should ensure that you understand the ethos of each trust and tailor your letter accordingly.

Be sure to apply well before any published annual deadline - often early in the year around January/ February. I speak from experience, having left one application to the very last minute. This meant I had to pay more than £10 for the "next day" delivery of a letter to Scotland!

# 7

## YOU WILL GET REJECTED!

Sorry to break it to you but, not everyone can give you a cheque. You can't meet everyone's criteria and that's that. Don't be disheartened if your request is turned down. Think positively.



# 8

## BE PATIENT, YOU MAY GET FUNDING

It may seem like a long wait, but if you've applied to trusts and you meet their criteria, and your elective proposal could benefit others in need, you may receive some funding.

There are no guarantees on how much funding you'll get but, if you're lucky enough to receive anything, then remember 'every little helps'.

# 9

## SAY THANK YOU

Express your gratitude for any sum you receive. Make sure you send a formal letter or email of thanks. Some trusts may ask you to complete a trip report. Ensure you send this back to them soon after your elective is complete.

# 10

## HAVE FUN

Enjoy your dental elective, make the most of the opportunity and stay safe. Remember your dental elective is a unique opportunity to experience a completely new aspect of dentistry - make the most of it!



Remember to get in touch with Dental Protection when you are planning your elective to ensure you can access the right protection for your trip.  
Call **0800 952 0442**  
Or visit [dentalprotection.org/uk/for-members/dental-students/electives](https://dentalprotection.org/uk/for-members/dental-students/electives)



# THE PROFESSIONAL MOMENT

## FROM STUDENT TO REGISTERED PROFESSIONAL

Dental undergraduate training teaches many things - from knowledge of dentistry to the practical skills central to the ability to treat patients. Unfortunately we cannot always rely solely on our skills and knowledge to provide the answers to every problem that may come through the surgery door. You will find there will be some clinical problems and dilemmas that just don't have a simple practical solution. In these situations, the dentist must use the full extent of their professional training in the best interests of the patient. A more experienced colleague can usually be a great help and, for many, the dental advisers at Dental Protection can be that colleague to whom you turn when you're not sure what to do.

## KNOWLEDGE, SKILLS, JUDGEMENT AND PROFESSIONALISM

Knowledge and clinical ability are very much part of the professional skill-set. Patients undoubtedly value skill and competence, along with a personable and friendly manner, and these qualities are absolutely essential. However, they are only part of the picture of overall patient care.

Sound professional judgement as well as experience has an important role to play here. Dentistry is not just the 'what and when', or even the 'how', but also whether the treatment that can be done should be done at all. Is it in the patient's best interests, and have those interests been prioritised over those of the dental team?

There is much dental (and medical) research, as well as Dental Protection's own case experience, which indicates that a lack of professionalism (often demonstrated through poor communication) can result in legal and ethical problems for the dentist - even if the treatment itself is technically competent.

The ability and motivation to professionally assess a situation, and to act appropriately, defines the transition from student to dentist. Making this transition successfully is an empowering experience for a dental graduate.

## WHAT MAKES A REAL PROFESSIONAL?

Whilst knowledge and skill are relatively straightforward to teach, and to learn, professionalism can be more difficult to define and assess. Professionalism is not simply a record of attendance or attainment as an undergraduate, but an attitude of mind and ethical reasoning.

So, what makes a dentist professional? Undergraduate teaching is clear as to the standards of good judgement, and professionalism. In addition, observing the behaviours and example of undergraduate clinical teachers demonstrates the values that are expected.

Dental training attempts to teach, and demonstrate, what professionalism looks like, but the application of the concept is not always easy. Professionalism may not be popular with every patient; after all it could mean declining to carry out treatment they want because it is unsuitable. Being professional can also present problems in the early years of qualification when the graduate faces pressures, especially monetary ones, from patients or employers.

Your Dental Protection membership includes FREE access to CPD accredited workshops and e-learning to help you practice safely.

Visit [dentalprotection.org/uk/events-e-learning](http://dentalprotection.org/uk/events-e-learning)  
24/7 Dentolegal advice on 0800 952 1010

## DOING THE “RIGHT” THING

Registration as a dentist comes with obligations as well as rights and privileges. Those obligations will include handling pressure and demands from patients, such as; “Why can’t I have a crown? I’ve got the money,” and “Why do you have to take that tooth out, isn’t there another way?”

It may be tempting, clinically and financially, to give in to such pressure in the belief that you are helping. Other colleagues or staff in the practice may also encourage you to provide the treatment, but they will not share any responsibility if it goes wrong.

So what should be done in these situations? It may seem quite straightforward to simply refuse treatment if it’s not appropriate - but it’s not always that easy. The dilemma may involve a number of factors, for example; the issues associated with the treatment may not be immediately clear, and the pressure from patients may be in good faith - they really don’t want to lose that tooth; who would?



This type of pressure can be difficult to handle, especially at the start of a career when there may be a strong desire to please people and gain approval. In these situations you should listen to your professional ‘voice’.

You have already been taught knowledge, skill and professionalism. Although your experience may be lacking initially, simple logical decisions based on undergraduate teaching, as well as an ethical attitude of mind, will produce the correct solutions.

The following strategies will help you to develop your own professional approach.

- **Distinguish unreasonable from reasonable patient expectations** - Patients have a whole list of expectations, both clinical and non-clinical. Hopefully they will be reasonable ones, but sometimes they are not. For example, an improvement in the colour or shape of teeth can be made for a patient but it is not necessarily a life changing transformation of appearance. If expectation cannot be achieved, then no matter what the patient’s requests, the treatment should not be attempted. To go ahead in such circumstances is not acting professionally.

- **Stick to the clinical decision** - Patients may want a procedure to be carried out and exert pressure or offer considerable quantities of money for you to do so, but that still does not, and cannot, change the clinical circumstances. If the treatment is not needed, or is bound to fail, then it should never be carried out. The patient does not have the responsibility, the dentist does.
- **Resist pressure from colleagues** - Colleagues may say, “we always do those treatments” or “we will do it if the patients really want it”, but if you as the dentist are unhappy with that view then it must be resisted. This can be just as challenging, sometimes more so, than resisting pressure from patients.
- **Know your limitations** - If the dentistry is clinically too difficult or demanding then refer on to a specialist. This is absolutely in line with General Dental Council guidance.
- **Always seek ethical and legal assistance where necessary** - Even in a large surgery, with many colleagues, the dentist is mostly alone as far as professional responsibility is concerned. If a dilemma arises then seeking objective views and assistance from Dental Protection is both prudent and invariably reassuring.
- **If in doubt, take your time** - Most dental treatment does not require immediate or emergency action. If there is uncertainty, then postponing the procedure so that it can be reflected on and assistance sought where needed, is the smarter option. If it does not seem the right thing to do then that feeling, again the professional voice, is usually correct. Waiting rarely does any harm.
- **Use a mentor** - The mentor may be a dental professional, but does not have to be. It can be useful if they come from beyond the immediate surgery environment. The mentor’s role can provide an objective view of problems to help find ways forward when dilemmas arise, but more than that it can assist the dentist to reflect deeply on their experiences.

Whilst professionalism is very much part of undergraduate education, the real test lies in applying it to difficult situations. That ability comes from not just what is taught, but also from continuous self-reflection and listening to the professional voice within each of us. This is both empowering and central to maintaining professional competence. It marks the transition from undergraduate student to being a registered member of your chosen profession.

# CONTACTS

You can contact Dental Protection  
for assistance via the website  
[dentalprotection.org](http://dentalprotection.org)

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