

# **DENTAL STUDENT**

SUPPORT FOR DENTAL STUDENTS SINCE 1991



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# FROM KARA



i readers! Kara here, Dental Protection's marketing coordinator and your dental school representative.

I want you to know that we really appreciate the time and effort given by everyone who contributed to this issue of *Dental Student Australia*. This is issue 17 and yet again you have made it a great read with plenty of articles and photos!

I have much to update you on since our last issue as my schedule has been totally jam-packed this year. I have been flying around the country for a variety of different events, demonstrating our commitment to supporting Australia's dental schools by offering continued advice and encouragement.

Congratulations to the many graduates who came through in December 2016, and who have now settled into the next stage of their professional career. Dental Protection hosted end of year events with the graduating classes and once again we were happy to offer our Class of 2016 mementos, including Dental Protection's ever popular yearbook.

Once the summer break was over, I was back on the road promoting our student membership package to lots of eager new arrivals. February and March were particularly action-packed as students started their first semester for 2017 and I attended O-Week events across the country. I had a fun time going out to the universities for fresher events and want to say a special thanks to JCU, Adelaide, Griffith, CSU, La Trobe, UQ and Melbourne for making me feel so welcome. I am so pleased that our Dentist in Training mugs were so popular with all the newbies. Now that we're half way through the year, I hope all the first years have started to feel at home and are making the most of their time at university.

Dental Protection was pleased to sponsor Griffith Uni's Volleyball Tournament for a fifth year – Broadbeach is certainly a picturesque location for a day out in the sun! I also attended La Trobe Uni's fifth year Back to Base Dinner on 1 June, accompanied by one of our dentolegal advisers, Dr Mike Rutherford. We are always thrilled to be able to sponsor these events and hope that everyone had a great time.



Kara Stokes Marketing Coordinator kara.stokes@dpla.com.au

# **DENTAL PROTECTION**

# NEWS







# IT WAS GREAT TO SEE YOU AT CONVENTION

nce again, Dental Protection actively sponsored ADSA Convention in Sydney this July. Dr Annalene Weston, one of our dentolegal advisers and a seasoned guest speaker at this event, presented to delegates as part of the partnership lectures. Dental Protection was also present at the tradeshow on the same afternoon.

# **COVER FOR VOLUNTEER WORK**

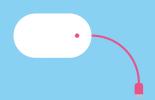
id you know cover for overseas volunteer work is one of the many benefits of student membership with Dental Protection? We serve dental members on five continents around the world, so if you have arranged a volunteering trip in one of these locations, then we've got you covered\*. Please get in touch with us before you travel so we can help organise your dental indemnity well in advance.

\*subject to the terms and conditions of the policy and underwriting approval

# KEEP IN TOUCH ON FACEBOOK

ot yet our friend on Facebook? Find the DPL Australia page today to see the latest news on upcoming events, topical articles and student competitions, and to check out our recent photos. It's a great way to stay connected and learn more about all that Dental Protection has to offer.

facebook.com/dpl.australia



## **CONTACT DETAILS**

e know some of you move around a lot whilst you are studying, so please remember to keep us informed of any changes to your contact details. To continue to receive this publication in the mail and other updates from Dental Protection, it is important to provide us with your current postal address. Call us on 1800 444 542 or email us at membership@dpla.com.au to let us know when it changes.



## **GRADUATING THIS YEAR?**

heck out **theyoungdentist.com**page to discover lots of great
tips. This website is brought
to you by Dental Protection and is a
dedicated resource for young dentists
that provides informative articles,
dates and details about our events,
competitions and information on working
abroad and volunteering.

Visit theyoungdentist.com/au



## YOUNG DENTIST CONFERENCE<sup>+</sup>

inal year students are particularly welcome to attend this year's Young Dentist
Conference+ which will be held in Sydney on 19 August. This is a Saturday so won't clash with your university schedule and is certainly timely given that graduation follows a couple of months later.

Tickets are only \$79 for student members and can be purchased here: asp.artegis. com/DPL\_YDC\_2017



# **MORE SUPPORT**

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I hope that what we do helps you guys become better oral health professionals in the future



hat's up dental students of Australia! I'm hoping everyone's smashed out clinic sessions and lectures, and aced those mid-year exams!

So what have ADSA been up to so far? The first half of the year is always our busiest, with O-week events, convention planning and the newly-launched ADSA Talks.

# O-WEEK

- O-week was a great success with the rollout of our new membership cards.
- We also started using our Snapchat account, so if you're curious about what other dental schools do or teach, or maybe you're curious about how other dental students party, add us on Snapchat: @AusDSA.

## **ADSA TALKS**

- ADSA Talks was successfully launched on 31 March with Dr Ikram graciously lecturing us on the dreaded topic of endo. Students from all over Australia tuned-in for the session and learnt plenty about taper tip and size, how to manage procedural errors, and how to make complicated cases a bit more predictable. A huge thanks to AUDSS and Dr Ikram for allowing us to stream the session nationwide!
- Next in line is the Troll Dental tour, which might be coming to a lecture theatre near you! We are honoured to have Dr Michaela von Geijer, a specialist odontologist, presenting the latest research on the link between systemic diseases and periodontal diseases. We'll keep you posted via our ADSA reps and Facebook.

## CONVENTION

Now for our biggest event of the year...CONVENTION! This year's ADSA committee and convention committee worked tirelessly to bring you all a week jam-packed with over 25 academic sessions, a dedicated BOHT academic stream and an unforgettable social program. The Bridge climb was a must, but if you were afraid of heights, we covered you with the Ultimate Pass, where you were able to check out some of Sydney's best attractions. I hope you enjoyed Convention as much as we did, that you learnt a thing or two and made some lifelong friends!

All-in-all 2017 is shaping up to be a big year for ADSA, and I hope that what we do helps you guys become better oral health professionals in the future. I wish you all the best of luck with your studies. Look after yourselves and I hope to catch each of you at this year's convention!

Peace,

**Nicole Contemplacion** 

Charles Sturt University | Y4 BDSc President – Australian Dental Students' Association





# **Adelaide University**

Our students certainly gave back to the community by getting involved in the fifth student Sleepout, a fundraising event held with the Salvation Army where we helped raise money for the Community Outreach Dental Program (CODP). The CODP at the School of Dentistry is a program in which pro-bono dental care and treatment is provided to marginalised and vulnerable people within the community. In addition to finding sponsors, participants spent a night roughing it to experience what it might be like to be homeless for a night as well as helping out with food service and more.

Our May pub crawl was themed "Deadpulp", where students had the opportunity to bake some tasty treats and competed for a chance to win some awesome prizes. As in past years, Interyear Volleyball generated some healthy competition as students from every year headed to the City Beach to enjoy the games as well as a BBQ.

Finally, it is with great sadness and nostalgia that the final Basement Party will be held in the much-loved lowest floor of the Adelaide Dental Hospital as the new building will be opening in the long-awaited Adelaide Health & Medical Sciences Building, exactly 94 years after the original hospital was established back in July of 1923.

Linh Hyunh (Year 3)





# Charles Sturt University

Second term at Charles Sturt University (CSU) was packed with social and sporting events. The term began with Intervarsity; students from the Orange campus played the Bathurst campus in a range of sports at the end of an academic day. That night, the Student Dental Association (SDA) hosted a "Wild Wild West" themed bar night.

At the end of May, the highly anticipated Roland Bryant Cup (RBC) took place which pits Charles Sturt University dental students against the dental students at the University of Sydney. Hosted at CSU Orange this year, students competed in an intense day of basketball, soccer, touch football and dodgeball matches. At the day's end, students from both universities had the chance to unwind, let off steam and mingle with each other at the annual RBC party.

The annual May Ball was held the following week. Due to popular demand, the event was James Bond themed and christened "Skyball". All the amazing photos from the ball can be found on Facebook.

The Cancer Council's Biggest Morning Tea happened in the final week of teaching, before the students prepared to tackle their end of semester exams.

Aran Ravishanker (Year 3)





# **Griffith University**

Coming back well rested from the break, everyone here is braced for a busy and exciting second half of the trimester. Starting in May, GUDSA hosted their Coat Crawl right in the heart of Surfer's Paradise, where hundreds of dental students proudly wore their dental coats, relaxed and let off some steam before the upcoming exam period.

Rehearsals for our Dent Revue have begun, and the show's convenors, cast, crew and band are once again looking to showcase the amazing (and often hidden) talents of our dental students. Keep your eyes peeled!

A re-energised GUDSA FC were also ready to go head-to-head with other health societies from Griffith University and UQ in the fiercely competitive annual Interhealth Soccer Cup. Check out our Facebook page for photos from the event.

Recently, the Undergraduate Clinic introduced an attire change from the traditional blue clinic coats. The new look has everyone "scrubbing" up nicely! On the academic side, GUDSA has been holding several workshops for Tooth ID and Wax-ups, for years 1 and 3 respectively, which helped them prepare for their upcoming lab exams.

Victor Vo (Year 3)







# James Cook University

The Cairns Clinical Cocktail night was a combined event held at Pacific Hotel Cairns and organised by JCUDSA, and our sister medical society, JCUMSA. The event saw great networking and was very successful in fostering stronger interfaculty ties across the two disciplines. The sponsors were delighted with the evening.

Our first Mental Health Week was also judged a success! The local Headspace volunteers met with students and informed them of the services available in Cairns. The highlight for many people during the week was an appearance by the rescue puppies from YAPS (Young Animal Protection Society). Everyone wanted to cuddle the little balls of fur and they weren't disappointed as their adorable faces, tiny paws and playful personalities warmed our hearts. A free pizza lunch marked the end of the week, the whole meal being demolished at lightning speed!

The biannual trivia night was recently held at Bluewater Bar and Grill. Proceeds went to funding an award to recognise students who actively participate in university and community events. The night was a great success with many prizes donated by local sponsors. And if anyone was wondering, a bag of air from Kobe Bryant's last game costs around \$16,000!

Assassins was the game to win!
The purpose was to foster student
engagement and interaction across the
years. We started out with 190 assassins
and in the first week assassinated more
than 90. The last one standing won a
ticket for the Annual Dental Ball!

Kashfia Jamali (Year 4)



# **Latrobe University**

May brimmed with many exciting, educational and memorable events organised by our student society BOHDS. For example, Moneywise partnered with us to deliver an incredibly informative seminar on how to make smarter financial decisions as dental professionals.

One of the biggest events of the year, the BOHDS Ball, created an unforgettable night! The theme, table arrangements and delectable foods were thrilling. Another cause for excitement was the "Back to Base" for years 4 and 5, who were reunited in Bendigo from rotations in Wodonga, Ballarat, Ararat, Melton and Mildura. They also had an opportunity to attend a series of lectures on different specialist fields, and had a few social events in the evenings. During this period, years 4 and 5 got together to share their stories and personal experiences.

I hope you all had a happy holiday, one that was well and truly deserved!

Madara Mapa (Year 2)









# University of Melbourne

We hit the ground running in the first semester with a successful pub crawl at four different bars around the university. It was a great opportunity for the incoming class of 2020 to mingle with everyone else.

The following month we hosted dent camp in the beautiful Anglesea. Even though we got rained out of our beach day plans, spirits remained high as we continued onto the campsite and kicked on with the planned activities which included apple bobbing and tug of war.

For World Oral Health Day, we hosted a bake sale (with reduced sugar!) with proceeds going towards the National Dental Foundation. Most recently, we hosted a trivia night where students wore their best thinking caps to vie for bragging rights until next year at least.

We also had a loupes convention where we hosted a number of companies offering demonstrations of their products. Students got the chance to test a variety of loupes from different companies to decide which one is best for them.

We also hosted a volunteering convention, at which different organisations discussed the opportunities that are available for students who wish to volunteer their dental skills abroad.

Hilarie Ng (Year 3)







# University of Queensland

We started 2017 with a number of exciting events hosted by UQDSA, including the annual Welcome BBQ, Meet and Greet, and the Boat Cruise. We were also at two fantastic tradeshows at that time – the Industry Tradeshow and the Loupes Tradeshow – both with free food!

The Interyear Dodgeball Tournament (won by Year 4) and the Social Basketball event satisfied both the competitive and friendly sportspeople, while the Oral Surgery Workshop in April set many minds "whirring" with tickets selling out in less than 30 minutes!

The Student Experience Committee launched a new mentorship program that has helped the Year 1 adjust to university life and form some lasting friendships. Our students also starred in ADSA's first ever Uni Spotlight (where Ex-Cyclone Debbie made a graceful appearance at the end of the week).

In May, students flexed their buccinator muscles to launch a new Humans of OHC Facebook page, featuring portraits of students at the Oral Health Centre. The month also saw the reintroduction of Lunch and Learns, the Volunteering Information Night, and more evening seminars.

We held our first ever Board Games and Poker Night, which introduced some of the less athletic students to a "Sports" event that was just as competitive. This tournament allowed us all to de-stress before the exam season.

Amy Fann (Year 4)





# **University of Sydney**

May was a massive month in the academic sense of things! Although many students had their nose to the grindstone (in anticipation of the impending doom that exam period always seems to bring), there were a few big things for the dental students to enjoy including the Roland Bryant Cup.

Charles Sturt University hosted the event in the town of Orange. A bus-load of our students went head-to-head against their dental students in some choice sports: women's dodgeball, men's basketball and mixed footie just to name a few.

The ADSA Convention was certainly our big headliner of the year. Co-hosted by Charles Sturt University and ourselves, ADSA held their convention in the beautiful city of Sydney in July! Check out the ADSA Facebook page, Instagram or even Snapchat for updates! It was a convention to remember!

Lorynn Westad (Year 3)







# University of Western Australia

"Prime and Bond" kicked off the 2017 UWA events calendar in style with a unique opportunity for first years to get to know students in the other years during an evening of dancing and laughter.

Then came the first of two UDSS Sports Days, featuring "bubble soccer"! Although we didn't find the next Ronaldo, much fun was had by all. OHCWA Family Fun Day was next, which gave the alumni an opportunity to see the hard work of the current students as they toured the newly renovated facilities.

Finally, the UDSS Bake Sale showcased the baking skills of our aspiring dentists and raised over \$400 for a very worthy cause, Relief for East African Famine!

The UDSS thoroughly enjoyed the Swan Valley Wine Tour which provided a much needed respite before we marched full steam ahead into the exam period.

Monisha Vijayan (Year 3)







# A GROUP EFFORT

Dental Protection member *Dr Christine Phan* discusses the importance of teamwork



ou couldn't lose.

The US Men's Olympic basketball team has always been a safe bet for any punter.

The reasons were obvious.

Basketball was invented in Springfield, Massachusetts in 1891, giving the Americans 113 years to perfect the sport prior to the 2004 Athens Games. Throw into the mix the NBA with an estimated \$15 billion worth of funding, an almost limitless pool of domestic talent and you have a sporting weapon of mass destruction.

Other countries pitted against the Americans were hoping to lose gracefully. Heading the US Men's team was Larry Brown, a revered name in basketball coaching history. The player roster was lined with remarkable talent.

LeBron James, Tim Duncan and Dwayne Wade. Similar names peppered the Athens team roster. The bookmakers tipped them to win gold by a clear margin.

But they didn't.

In their opening game against Puerto Rico they were demolished by a 19-point difference. Noting the lacklustre performance, other teams smelt blood in the water and attacked. In the end, the US barely scraped by Lithuania in their last match to limp home with a bronze. It was the most disappointing international basketball result in American history.

Critics were stunned. Audiences shocked.

How could the Americans with their history of unrivalled Olympic dominance, with the most professional league of players to cherry pick from, come back home with a bronze? It was a disaster the US would recover from in Beijing. But the stain of shame proved impossible to remove.

Like all disasters, there is always a postmortem operation performed by the experts. Improvements are built upon the corpses of mistakes. Following the analysis, sports officials dissected the team and exposed the flaws.

There were three major problems. All centred on teamwork, or a lack thereof. And though the dental arena may seem far removed from international sport, the lessons learnt apply not only to Olympic level competition, but businesses small and large alike.



# PROBLEM #1: Poor leadership

Larry Brown was an excellent coach. So good in fact, his portrait hangs on the Hall of Fame wall in the Naismith Basketball Memorial in Springfield.

Despite having a successful career transforming losing teams into winners, Brown was publicly seen berating his players, the referees and the selection panel throughout the competition. There was a perception that he had an inability to put the team first before his own ego and allowed personal feelings to get in the way of better judgment. This showed when he refused to allow star players, such as LeBron James, to get more court time as punishment for showing up late to team meetings.

While clinicians reading this article no doubt understand the importance of punctuality, sometimes we need to see the view from where our patients and staff stand. It is understandably frustrating when your assistant hands you the wrong instrument in the middle of a difficult procedure. At the same time your receptionist wants you to answer an urgent call and your patient in the chair is gagging.

Bad things happen and it gets stressful.

But for good or ill, dentists are leaders. The difference between great and poor leadership revolves around attitude. We can't dictate what will transpire in a clinical environment. But we can prepare our equipment and ourselves to anticipate the situation.

Poor leadership reflects upon the individual. Following the disastrous Olympic performance, Brown was vocal in criticising everyone but himself.

On the other hand, good leadership reflects not only upon the leader, but the entire team. Keeping a cool head when things are falling apart keeps staff morale up and makes a difficult day easier. Your staff are in the trenches with you. When all hell breaks loose in battle, a good platoon leader won't shoot subordinates out of frustration.

Neither should you.

# PROBLEM #2: Selection of individual skill over team cohesion

US Men's Olympic basketball teams have been historically filled with superstars. The 1992 Barcelona games saw the Dream Team with names such as Michael Jordan and Charles Barkley.

The 2004 Olympic team did not lack talent. They lacked cohesion.

To say the 2004 team was hastily assembled would be an understatement. Cobbled together at the 11th hour in the lead up to the games, the players barely got a chance to play with each other before they were pitted against international teams who train for this type of competition for years.

In addition, key positions were substituted with players unfamiliar to the role. Although the individual player talent was outstanding, team members didn't complement each other's skills and egos clashed.

While interviewing staff is not as glamorous as Olympic team selection, practice owners need to evaluate how new staffing arrangements will impact team dynamics. Tempting as it may be to hire the most talented candidates, practice owners must question how well they will gel with your team.

Individual talent only goes so far. If a talented associate dentist does excellent clinical work at the expense of your staff's happiness, will you still portray the image of a cohesive team to your patients? If the answer is no, then maybe counselling is in order. Failing which, it may be easier to hire someone of lesser talent but a better attitude.

In a team environment, talent is overrated. Clinical work can always be improved with time and diligence. A poor work attitude heavily etched in even the most talented individual is unrestorable.

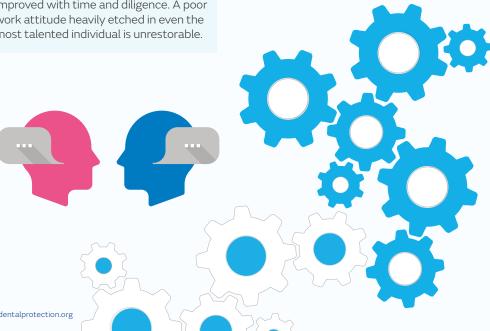
# PROBLEM #3 Individual agendas

If the famed management guru Meredith Belbin analysed the 2004 Olympic roster, he would describe them as a group, not a team. A group is a collection of people with individual agendas working towards an outcome. They will be uninterested in sharing rewards or responsibilities and will work together only when necessary.

Belbin describes a team as a collection of people with a shared purpose who work together for the common good. Outputs of individual members are hard to define due to the high degree of collaboration and sharing between members.

The failure of the 2004 Olympic team due to individual agendas was twofold. The first was because each individual was more concerned about their own personal careers. The second was due to their poor attitude to Olympic team membership. Most players treated their place on the team as a nice addition to their resumes, and not as an opportunity to represent their country.

The promotion of individual agendas in dentistry is a major issue at the professional level. In today's litigious society, being careful with what you say to staff and patients can go a long way. While individual practices may feel like isolated islands, it is important for members of the dental profession to realise they are part of a bigger community. Your colleagues are your team. Though disagreements between individuals is a story older than humanity, throwing another clinician under the bus when there is a patient complaint reflects poorly not only upon the accusing dentist, but on the profession as a whole.





# BEING ON THE WINNING TEAM

We have seen why teams fail. Even with exceptional talent, funding and coaching experience, the US failed to win gold at the 2004 Olympics against mediocre opponents. And it all boiled down to attitude.

A poor attitude in leadership trickled down to the players. A poor attitude in the players led to egos clashing and a higher valuation of individual agendas over teamwork. The failure of team cohesion led to a sporting disaster.

As clinicians we have a responsibility to put our best foot forward when serving our communities. We need to accept our roles as leaders inside and outside the surgery. The attitude we carry to work will reflect not only on our team and patients, but ultimately on the profession.

And while the mission of rebuilding the teamwork within our profession may sound daunting, miracles do happen – if you are prepared to work for it.

Before the 1980 Winter Olympics, coach Herb Brooks had the unenviable task of leading a group of amateur college ice hockey players against Russian professionals. The Russians were renowned for their prowess and were undefeated in their last six Olympic performances.

The players Brooks chose were not superstars. But they worked hard. They wanted to be on the team. They wanted to represent their country.

They wanted to win.

Coach Brooks made the players train together for months. They became family. His dedication to the team was unrivalled.

On 22 February 1980, the impossible happened.

The US won.

A bunch of college amateurs managed to deliver an unprecedented victory over their professional rivals.

Such is the miracle of teamwork.

AN **EVENT** NOT TO BE MISSED!

The Young Dentist Conference+2017 will take place in Sydney on 19 August

e are thrilled to present Dental Protection's sixth annual Young Dentist Conference+ which will be held in Sydney again on 19 August. Although tailored to dentists in their first six years following graduation, we encourage final year students to attend as it ties in well as you near graduation. The conference is a must for those in the early years of their career, offering an innovative and entertaining programme that is unlike any other. YDC 2017 will deliver challenging ideas, facts and practical tips with an emphasis on how various issues impact upon young dentists, providing powerful insights from a panel of top speakers. We are thrilled to have world class presenters, including Dr Tony Rotondo, Dr Raj DK Dhaliwal, Dr Sahil Soni, Dr John McNamara and Dr Desmond Ong.

# **COMPOSITE RESIN VENEERS**

Dr Tony Rotondo

For most dentists, composite resin materials serve to restore individual teeth to their original form. The materials' exceptional aesthetic characteristics and tough physical properties have made it the restorative dentist's "right hand man". We will review the micro-aesthetic and macroaesthetic principles that guide modern restorative dentistry, integrating Christian Coachman's DSD concepts. Also, cases will be presented in a step-by-step manner.

# WILL AN APPLE A DAY KEEP THE LAWYERS AWAY?

Dr Raj DK Dhaliwal

Risk is a part of our work as dentists and indeed of the work of any organisation. Our clinical skills are essential, but for risk management we also require know-how in a range of communication and patient care approaches. In this talk, Dr Dhaliwal discusses practical tools and techniques you might use to build both your individual skills and your team's effectiveness. The goal and the net result of these approaches is to help boost patient-centred co-ordinated care, so growing the prestige and reputation of your practice.



# BASICS OF RUBBER DAM IN GENERAL PRACTICE

Dr Sahil Soni

Restorative dentistry can be stressful and difficult. In this presentation, Dr Soni will show how using a rubber dam for restorative procedures can make them more predictable and enjoyable to do.

## WHAT HAPPENS NEXT?

Dr John McNamara

This case-based presentation will seek to illustrate the most important principle in successful endodontics – case selection. A series of cases to show the importance of thorough assessment principles and protocols will be shown, with ample opportunity for audience participation – be prepared for some questions! Learning outcome: to be able to better choose cases suitable for endodontic treatment and manage appropriately.

## REAL WORLD ORTHODONTICS: TRIALS, TRIBULATIONS AND TRIUMPHS

Dr Desmond Ong

Orthodontics is one of the most fascinating and frustrating disciplines of dentistry. Clinical orthodontics is a double-edged sword and can bring reward and misfortune in equal measure. Although modern technology has undoubtedly improved the

accessibility and efficiency of orthodontic treatment, comprehensive diagnosis, informed consent and evidence-based treatments are still of paramount importance. Ignoring or digressing from these central principles places the patient and the clinician at significant risk. Increasing patient expectations must be matched with increasing clinical competency, awareness and effective communication to prevent the pitfalls in practice.

What a line-up! We also have Dr Louise Hanrahan, a 2014 JCU graduate, sharing some advice about what she's learned since her days at dental school, and Dr Zarko Kamenica, a New Zealand based psychiatrist, lecturing on mental health. But wait, there's more.

Following on from every conference is our Networking Social. This is a chance to relax and mingle with classmates and soon to be colleagues over a glass of wine and some canapés.

The best part is, if you're a Dental Protection member, you get to experience all of this for only \$79. To secure your place, visit: asp.artegis.com/DPL\_YDC\_2017



# YOUNG DENTIST CONFERENCE 2017

Date: Saturday 19 August 2017

Time: 08:30 - 17:45

Networking Social: 17:45 - 19:45

**Venue: SMC Conference & Function Centre** 

For more information contact the registration team

E: education@dpla.com.au

T: 07 3511 5005

Price: \$79 for members

\$179 for non members



5.5

**HOURS** 

# CONTACTS

# You can contact Dental Protection for assistance via the website dentalprotection.org/australia

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