The Glasgow Odontological Society’s new president John Gibson shares plans for one of Scotland’s oldest dental bodies

Ten top tips to keep the GDC happy

Dental School Reunions

FGDP(UK) SCOTLAND STUDY DAY 2015

The Glasgow Study Day
Are you fit to practise?

For the last few years, the profession has been demanding changes in the way we’re regulated, particularly expressing dissatisfaction with the fitness to practise process. 2014 saw the hike in the ARF, the infamous Pendlebury Lecture by the Chairman of the GDC and a highly critical Professional Standards Authority report about the GDC.

2015 brought us Regulators and regulations: who will guard the guards? by Martin Kelleher, yet another even more critical Professional Standards Authority report, as well as some damning criticism of the GDC’s conduct in one particular case, describing it as “egregious”. Despite this, it seems any change is going to be gradual. Recently the indemnity associations have been telling us that they are working with the GDC, they feel the GDC are listening to them, and that things will slowly get better. Meanwhile, many of us feel we have a shadow hanging over our professional lives and work in fear of coming under the radar of the GDC.

Dentistry is first and foremost a health care profession. Most of us are drawn into it because we are caring individuals by nature. The hoops and hurdles one has to negotiate to enter the profession - during the application process, throughout our undergraduate years and in vocational training - are designed to select those who demonstrate precisely these qualities. We now have much longer working lives than our predecessors were used to, and evidence would suggest that the career that has always been recognised as one of the most stressful, is becoming increasingly more so.

The secret of a long career is to keep your patients happy and to avoid confrontation. Communication is the key to this. Usually we get it right, but on the odd occasion when a patient expresses some dissatisfaction with their care, most reasonable and conscientious practitioners would welcome the opportunity to put things right. There is an ancient Latin proverb: errare humanum est - to err is human. We are all human, and it is a simple fact of life that sometimes things don’t work out as we, or the patient, would like them to.

However, we are unable to resolve a complaint in-house, or if indeed the patient takes it straight to 37 Wimpole Street, as is all too commonly the case nowadays, this is an entirely different ball game.

Even the mention of a complaint to the General Dental Council would raise alarm in any of us. The stress that can be generated if a patient complains, perhaps over a single visit, or a short recent course of treatment, is likely to plunge you into a profound spiral of self-doubt. The same feeling you might get when a DRO letter lands in your mail, only a hundred times worse. This could be your career, your livelihood at stake! Suddenly you start looking at the patient’s records…and, Sod’s Law… they’re not the best - well below your own standards. Your palms start sweating. “Why this patient, of all patients?”

There are many reasons why this might occasionally happen. As busy practitioners we often run late, with a waiting room filling up rapidly; a patient may have turned up late; your nurse might have phoned in sick that day, or you’re just generally and unexpectedly harassed. Alternatively, the patient may have been a long term patient and although the recent records are not too bad, when you look back over the earlier records, they read “Ex, S+P”, “LR4 DO”, or “antibiotics given”. There was a time when everyone’s notes would have read thus. Little did we know that one day we’d look back over our own record keeping and shudder at their brevity.

The panic intensifies. “I’m doomed – wait till they see this”. We’ve all read the cases on the GDC website and you instantly begin to imagine your own name appearing there - “No consent; no BPE; no soft tissue examination; no caries risk assessment; no justification or reporting of radiographs; insufficient detail for antibiotic prescribing”… the list goes on.

Your pillow’s no longer a welcome place for your head to rest at night. You can barely sleep; you dread the postman coming each day in case it brings more doom and gloom and you wonder why you wanted to be a dentist in the first place. You tell yourself it’s a lousy, stressful job.

Don’t panic – there is a whole lot you can do to help yourself.
The crux of the matter is: if you can demonstrate that your current fitness to practice is not impaired, there is nothing to be achieved by the GDC trying to prove otherwise.

For anyone out there who has never had a complaint but knows that they would struggle if it did happen, adopting some of the practices mentioned above should go in your favour. It will demonstrate that you have some awareness of the standards they expect and that you have evidence to show that you are working to comply with those standards. It may all sound daunting, but it will be less work than you’d think, as long as you take a measured and rational approach towards it.

Audit is a horrible word, but is a great tool to prove where you are currently at. Occasionally when we’re looking at our past records, we come across one where we’ve written nothing – absolutely nothing – and it’s sometimes at a particular visit when we should have written a reasonable amount.

It could be that we’ve obviously meant to go back to it and then it slipped my mind. Even that’s useful – as part of an audit or even a significant event analysis you can use it to learn from. If a patient complains, and you realise you’ve written nothing down at that visit, it won’t look good, but if you can identify it and reflect on it, at least you can prove that you’re looking at your record keeping regularly, and that you recognise your own failings.

Just remember, we all make mistakes. However it is only from making mistakes that we learn and it’s how we address those mistakes that counts.

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**TEN TOP TIPS**

1. **Call your indemnity organisation** – they will be amazingly helpful. We’re very lucky in Scotland to have an excellent group of experienced advisers. However, keep in mind that they are very busy and will give you all the formal support you require. The FGDP, the LDC and the BDA all have people available who will give you informal support and advice. Perhaps, in the course of time, you’ll become one of the people who can support others in the same situation.

2. One of the first things you should do is seek support from a colleague. Discuss the case with someone you trust. It is always good to get a different perspective on things and some moral support. If anyone ever wants to discuss a complaint or a worry with you, please reassure them that there will be a way to deal with matters and although the first response is one of panic, there are ways to prove that you’re a perfectly good dentist working at a satisfactory standard.

3. The next thing you need to do is consider the complaint, and how a regulator is likely to view it. Ask someone to tell you all the things you don’t want to hear. The quicker you recognise any weaknesses, the quicker you can start to address them. And start addressing them right away.

4. Consider any simple audits that can be done: take 25 records, maybe at three monthly intervals and go through the basic principles: record keeping, medical history, radiography, periodontal charting, soft tissue findings, antibiotic prescribing, etc. This is in house auditing, with no need for complicated applications through NES. The indemnity associations can advise you about what’s most appropriate.

5. Keep a brief diary of events, and any actions you are taking as well as thoughts you have.

6. This information can be used in a reflective statement as well as in the development of a personal development plan. This all demonstrates insight and reflection – two things the GDC will recognise and it will very much weigh in your favour with them.

7. Our advice would be to speak to your indemnity organisation about getting some of this information to the GDC as early as possible. Many colleagues seem to be under the impression that once under scrutiny, there’s nothing they can do to influence the decisions the GDC will make. Show them early on that you’re trying to see what went wrong and makes changes if required. Make it very clear that you’re showing insight and will be prepared to prove that you’re perfectly fit to practice, if the need to prove that arises.

8. Be proactive - show them you’re keen to engage with the process, identify any issues and address them.

9. Draw up new protocols, undertake appropriate CPD and continue to monitor your own performance through audit. Make sure some of your CPD is in person or face to face – a whole portfolio of online CPD won’t impress the GDC. Also – consider inviting an appropriate mentor to support you. The indemnity associations can give you advice about this.

10. **Call the GDC regularly and ask for an update.** You pay their wages, so expect a reasonable level of service from them. Ask them what’s happening, when it’s happening and when you’re likely to get an update.
The FGDP(UK) Scotland study day is now the biggest annual dental event in Scotland organised by dentists for the dental team. This year’s event Perio to Global features two leading dental experts presenting on two subjects which are relevant to general dental practice. In 2014, we welcomed 375 delegates and trade representatives to our event and 2015 year promises to be just as good.

Our main venue is the IMAX theatre in the Glasgow Science Centre and during the day delegates will benefit from superb catering including a three-course lunch and post-event drinks, six hours of CPDA and a 30-stand trade exhibition. Registration is from 8.15am with tea, coffee and breakfast rolls. Presentations run from 9am until 5.15 with two coffee breaks and a three-course lunch. Following the event there will be a relaxed free drinks reception until 7.15.

The study day is open to anyone in the dental profession. Faculty members, MJDF group members and DCPs receive reduced rates. The event provides six hours of verifiable CPD and two sessions of CPDA enabling NHS dentists to claim £462.20.

**THE PROGRAMME**

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<thead>
<tr>
<th>Dentists and DCPs</th>
<th>Students (DCP option for afternoon)</th>
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<tr>
<td>All content in the IMAX theatre</td>
<td>Science Theatre</td>
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<td>0900 - 1100</td>
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<td>1245 - 1330</td>
<td>Registration and exhibition</td>
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<td>Bill Robbins</td>
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<td>1715 - 1915</td>
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**VDP CASE PRESENTATION FINALISTS FOR 2015**

FGDP(UK) Scotland is delighted to announce the finalists for this year’s VDP west of Scotland case presentations. The winner will be announced at the study day and will win a pair of Zeiss GTX 2.5x loupes fitted to a frame of their choice donated by our sponsor Douglas Hart Specialist Eyewear. Good luck to all of our finalists!

![VDP CASE FINALISTS 2015](image_url)
OUR SPEAKERS

PHIL OWER
Phil qualified from King’s London in 1978. He joined the RAF after qualifying and was a general dental practitioner until taking an MSc in Periodontology in 1992, after which he was RAF Adviser in Periodontology and ran the RAF School of Dental Hygiene. After leaving the RAF in 1996 he lectured at the Eastman Dental Institute and worked in several specialist practices. For 10 years he worked alongside the renowned Bernie Kieser at the Periodontal Practice in London and now practices exclusively at the Briars Dental Centre in Newbury. He has been an examiner for the Royal College of Surgeons of England (MGDS) and has served two terms on the Council of the British Society of Periodontology (BSP). Phil has had papers published in the Journal of Clinical Periodontology, Dental Update, Dental Practice and Independent Dentistry and has served on the editorial boards of Primary Dental Care and Dental Health.

BILL ROBBINS
J. William Robbins, D.D.S., M.A., maintains a full-time private practice and is Clinical Professor in the Department of Comprehensive Dentistry at the University of Texas Health Science Center at San Antonio Dental School. He graduated from the University of Tennessee Dental School in 1973. He completed a rotating internship at the Veterans Administration Hospital in Leavenworth, Kansas and a 2-year General Practice Residency at the V.A. Hospital in San Diego, California. Dr. Robbins has published over 80 articles, abstracts, and chapters on a wide range of dental subjects and has lectured in the United States, Canada, Mexico, South America, Europe, Middle East and Africa. He co-authored a textbook, Fundamentals of Operative Dentistry – A Contemporary Approach, which is published by Quintessence, and is in its 4th edition.

CONTENT

MAIN MORNING SESSION: PHIL OWER
The session should enable participants to:
1. Screen and diagnose periodontal diseases accurately and effectively
2. Assess patients’ level of risk for periodontitis and peri-implantitis.
3. Deliver oral hygiene effectively.
4. Manage periodontitis and peri-implant diseases using MI techniques.
5. Use surgical approaches selectively and appropriately

MAIN AFTERNOON SESSION: BILL ROBBINS
Content will cover: Global Diagnosis, Communication with specialists, Principles of Aesthetics, A systematic approach to facial, aesthetic, and functional diagnoses. Global Diagnoses: Short or Hyperactive Maxillary Lip, Altered Passive Eruption, Dental/Alveolar Extrusion, Skeletal Deficiency, Combination

Learning Objectives:
1. Describe four Global Diagnoses and “5 CORE Questions” with their corresponding treatment options
2. Complete a Global diagnosis form which will lead to a comprehensive diagnosis
3. Communicate with the interdisciplinary team

BOOK NOW at
WWW.FGDPSCOTLAND.ORG.UK

11 DECEMBER 2015
PHIL OWER & BILL ROBBINS
BOOK NOW
GLASGOW DENTAL SCHOOL REUNIONS

On Friday 11 December, FGDP(UK) Scotland and the Glasgow Dental Alumnus Association are proud to host reunions for Glasgow Dental School’s Classes of 1980, 1985 and 1995. It will be an opportunity for classmates to get together and celebrate 20, 30 and 35 years in dentistry.

Participants have the option to enjoy a day of top quality CPD at the Faculty study day before rounding off the evening with a relaxed reunion meal. The following day many will re-visit their youth with a tour of the dental school’s new facilities. The programme of events has been planned to be entirely flexible with things to do for partners and family. So far dozens of Glasgow graduates have signed up with alumni travelling from the United States, Australia, England, Northern Ireland and all four corners of Scotland.

Here are some of 1995’s graduates and a brief look at their lives since graduation.

GORDON LEWIS
I have been married to Shelby since 1998. She is from here but we met in Hubbards on Great Western Road. She was an exchange student at Glasgow and I was her souvenir. I practice in Eureka, California a small town in the very north. What’s it like here? Well the dentistry is the same but the stories might be different. Yesterday a patient said “I found this (hands me a small silver object) in my mouth.” “I’m not sure if it’s a piece of filling or bullet shard from the bear we had for dinner?”

VERONICA MEE
The joys of a year in Johnstone doing VT were left behind for spells in Welwyn Garden City and Bath doing oral surgery from 1996. I missed the weather too much, and came back home to Glasgow dragging my not-quite-yet husband Andrew with me. We bought a flat in Partick and I went back to Johnstone. We got married in 1999 and 6 years later decided to open up an oral surgery referral practice. 20 years of Dentistry have flown by, which is weird considering that some days I feel like I’ll never get to lunchtime.

GLASGOW DENTAL ALUMNI, IT’S TIME TO

PARTY LIKE IT’S...

OLD SCHOOL CELEBRATIONS
In partnership with the GDAA, FGDP(UK) Scotland is delighted to bring you ‘Reunion Day 2016’. It’s the perfect opportunity for you and your classmates to meet up, reminisce and make the most of the biggest one-day dental event in Scotland.

REUNION PACKAGE, FRIDAY 2 DECEMBER 2016
We can help bring you and your classmates together for a totally flexible reunion in early December. Elements of the day include reduced rate attendance and six hours of CPDA at the biggest one-day dental event in Scotland. Following the study day you can celebrate with a relaxed evening meal at a venue of your group’s choice and enjoy reduced rates at Glasgow hotels. On the Saturday the dental school will open its doors to give you a behind the scenes look at its new facilities. We can plan events and excursions for partners and families – in 2015 we have a tour of the BBC and an exclusive Planetarium show.

ARE YOU INTERESTED?
Contact Andrew Miller at events@fgdp-scotland.org and we’ll do the rest. Did you graduate from Glasgow in 1981, 1986, 1991, 1996, 2001 or 2006? Get in touch to start planning your reunion for 2016.
A word from this year’s President of the Glasgow Odontological Society, Professor John Gibson

We are very fortunate in Scotland to have a plethora of good-quality learning for Continuing Professional Development (CPD) – much of this provided by NHS Education of Scotland. We also have some other pivotal organisations which are very important in tailoring CPD to the needs of their members with the Faculty of General Dental Practice, the British Dental Association, the Royal Colleges, the two Scottish “Odonto” societies and other groups all playing important roles.

It has been most encouraging to see many of the providers of CPD education working more closely together in recent times in an attempt to ensure that meetings are not competing or that similar topics are being covered at the same time. This is particularly important as our professional time and study-leave budgets have more and more constraints placed upon them. We can, and must, do even better in our liaising as educational providers.

We, in the Glasgow Odontological Society, have been working hard to bring the administration of the Society into the New Age and it has been excellent to work with the Faculty to achieve this end. Change is always difficult but we were not able to sustain a monthly mailshot to all our members either financially or from an environmental perspective. We are delighted with our new website and also the capability of the new administrative system in contacting and interacting with members. There will be many advantages to this including the timely provision of CPD certificates electronically to members who attend the educational events. And speaking of which….I am thrilled to be bringing such an excellent line-up of “big hitters” to Glasgow for the 2015-2016 lecture session of the Society. Please take a look on the website, consider becoming a member if you haven’t done so already and come along to some great events over the year.

Another advantage of our new website and interaction with our members will be our plan to build the historical archive for the Society. Increasingly I understand the importance of learning from history and it is essential that we hand on our experiences to the next generations of dentists. Watch this space!

One of my concerns in watching how things have changed over the years is the sad realisation that when dentists get together, their meetings are about dentistry! Perhaps the pressures to fulfil CPD requirements have caused us to become somewhat reductionist? What has happened to turning up and listening to speakers on bee-keeping or horticulture or archaeological digs in Crete? Do we need to rethink about what it means to be a professional person and what the “bigger picture” is outside our departments and practices? Maybe it’s not just about CPD and it’s time to think about wider aspects of humanity and who we are as people?

Finally, just a few thoughts on the importance of professional fellowship. I am increasingly aware that dentists – despite working as part of a team, being in a partnership or working in a busy department – often feel isolated and alone. It is our intention that professional fellowship will be at the heart of our Society, its meetings and its annual dinner. However, we also want to encourage smaller groups of members to meet over dinner or coffee to expand the supportive network that can often be lost in the context of busy lives and work. What about you starting a monthly coffee or dinner event in your locality or even within your practice or department? If you would like to discuss this further and have the support of the Odonto, please do get in touch with me.

John Gibson
HOW TO REGISTER AND BOOK MEETINGS

To make the most of the Society’s new website and book your places at our meetings please register with us at www.glasgowodon.to.org.

Registration gives you the option to JOIN or RENEW your membership of the society or to just attend meetings as a non-member. You can JOIN/RENEW as either a dentist or a retired member and sign up for this season as a Final Year Dental Student. Alternatively you can book and pay for individual meetings WITHOUT JOINING as a dentist or DCP.

When you join/renew as a dentist or retired dentist member you will be charged your annual subscription which will be taken on the same date each year. This gives you free access to all six of this season’s meetings depending on availability. Final year students are able to become members for free for one year. The other option is to register as a non-member and this allows you to book and pay for meetings separately.

EXISTING MEMBERS

If you are already a member of the Society please remember to CANCEL your current standing order for membership when you register online.
The Glasgow Odontological Society owes its origins to a meeting of eight dentists in March 1902 at the Bath Hotel in Glasgow. After “heated discussion” the name, Odontoblasts Club, was adopted. The membership was initially limited to fifteen, all of whom were to be Licentiates in Dental Surgery of the Faculty of Physicians and Surgeons of Glasgow. Only those qualified after the first of January 1900 were eligible to join. Meetings were to be monthly on the third Tuesday of each month from September to April (later changed to March). By September 1903 the Club agreed to widen the membership. A special meeting was held on 27 October 1903 at the Dental Hospital, 15 Dalhousie Street, Garnethill to consider the advisability of having, in Glasgow, a Society devoted to the interests of the dental profession.

In 1911 a library was inaugurated with £20 worth of books purchased in the first year. In 1952 the council decided to assemble a collection of photographs of each member who had served as president and to ask future presidents to provide a photograph for this collection. The album for mounting these photographs was made by a grateful patient.

### THE ODONTO TODAY

The Glasgow Odontological Society today aims to be a true reflection of the dental profession. In 2015 our council now includes more women than ever before and a balanced blend of hospital-based and general practice dentists. Between us we have many years of experience of working in dentistry. At the same time the society’s one-term presidential system ensures that we focus on fresh ideas and keep up to date with what is current in the profession.

### Alison Wright

As a new member of the Council, I have been made to feel very welcome and am excited about bringing a younger dentist’s perspective to the Society. Due to the challenging nature of our profession, I feel that it is important to have a network of dentists to connect with and learn from, particularly at this stage of my career. Society members have a wide variety of backgrounds, interests and experience – many are experts in their fields – and they are passionate about sharing their knowledge and insight with colleagues. I think it is a good time to be a member of the Glasgow Odontological Society and feel that many dentists at my stage would benefit from both the educational value of meetings and the social aspect that the society provides.

### Harry Critchlow

I joined in 1976, soon after coming to Glasgow. It proved an excellent way to get to know colleagues from both general practice, community and the hospital dentistry. I liked the fact that these groups were equally involved. There is a friendly and informal atmosphere, and a good proportion of younger members who take an active part.

The lectures reflect the wide interests of the members and are a timely update on all aspects of dentistry. The most memorable event of my year as President in 2002 was the Civic Reception and Banquet given to us in the City Chambers by Glasgow District Council, to celebrate the Centenary.

### THE EDINBURGH ODONTO 2015-16 PROGRAMME

Meetings take place in the Symposium hall at Royal College of Surgeons in Edinburgh and start at 7.30pm with refreshments. Please contact Charles Ormond or Fraser Morrison at chasormond@aol.com for more information.

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<td>Yann Maidment Presidential address- How long will it last?</td>
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<td>Professor Philip Preshaw Inflammation- the common link between periodontitis and systemic disease</td>
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<td>Members’ night Bob Philpott Norma O’Connor Tom Timmons A brief history of everything …in endo That sinking feeling- displaced roots! The dental Andrew Carnegie</td>
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<tr>
<td>11.02.16</td>
<td>Professor Richard Wellbury Low level light therapy (LLLT) in cancer therapy induced oral mucositis</td>
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<td>A guest speaker Specially provided by Prof Richard Ibbetson</td>
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<tr>
<td>11.03.16</td>
<td>149th annual dinner To be held at New Club, Edinburgh</td>
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The year started with the shock news of the untimely loss of our Chair, Kenny Mitchell, who passed away suddenly in January. This was a huge blow to us, to the wider dental profession and not least to his family, who remain in our thoughts. Vice Chair Clive Bell immediately stepped into the breach temporarily and was then formally elected Chair in April. Clive has served on a range of committees over the years, previously chairing both the Area Dental Committee and the Area Clinical Forum and has been very much a safe pair of hands at such a difficult juncture.

As the period of austerity continues, NHS dentistry has taken a pounding with the continued suppression of the NHS fees, clawbacks and cutbacks of allowances. Dentists in Greater Glasgow and Clyde, who have always by and large remained loyal to the NHS, have been hit harder than any other area of the country by the seemingly unremitting establishment of new practices, spreading the budget thinner on the ground.

There are now far more dentists per head of population in GG&C than anywhere else in the UK. No other area even comes close. We have raised this issue repeatedly, but it seems the politicians are only interested in driving down the cost of providing dental care, no matter how this affects patient care, morale in the profession or the viability of NHS general dental practice. We have called for a restriction on the establishment of new practices if the community is already adequately served, as this only seeks to undermine the viability of existing practices. Such arrangements already exist with community pharmacies and we fail to see why the same planning structure shouldn’t apply in dentistry. You cannot open a pharmacy, or a pub or a petrol station anywhere you please, without some authority scrutinising the proposal before it is approved.

Our LDC’s general dissatisfaction with the British Dental Association continues. After our committee’s en masse resignation last year we received a letter of reply from the Chair of the BDA’s Principal Executive Committee, which we felt was dismissive in tone and did not seem to take the issues we raised seriously enough. We feel this reflects a perception by Scottish based GDPs that post-devolution, London-based professional bodies can often seem out of touch with the increasingly divergent nature of practice north and south of the border.

We continue to support in principle the work of the Scottish Dental Practice Committee (SDPC), albeit we are uneasy with the degree of control exerted upon it by the BDA in London. A rival organisation to SDPC, the Scottish Association of Local Dental Committees (SALDC) has now been established, to which we send two representatives - Angela Harkins and John O’Donnell. We envisage that over time SALDC will become a realistic alternative as the main negotiating body of the profession with Scottish Government.

Our website was launched at www.ggc-ldc.scot in the first week of October. It has been a long gestation, but we wanted to make sure it would be more than just a web presence. It will have a wealth of resources which we hope will be relevant to the busy GDP. We appreciate that GDPs often need information quickly, whether it be to navigate the labyrinth of GDS regulations or paperwork or simply to find out how to get a child referred for a GA, as well as offering a facility to book and pay for our popular CPD courses.

General Anaesthetic referrals has been a subject we have discussed a lot with the Oral Health Directorate recently. While accepting the reluctance to return to the dark days of GA on demand, on the occasions when we still encounter a completely uncooperative younger child in acute pain we find it unacceptable to expect the child to have to wait months to be treated under GA or sedation. In conjunction with the Oral Health Directorate we have managed to facilitate a fast track referral for these patients. Details are on our website.
And last, but not least, I would like to mention stress. The level of stress in the dental practice setting, be it from financial pressures, compliance with regulations or from a culture of fear from patients’ demands or an overbearing regulator, is reaching epidemic proportions. We hear this constantly from constituent GDPs, and I see the effects of it in my other role as a Dental Practice Inspector. This does not make for a harmonious work or home life and I cannot impress enough on colleagues that you have a team of dentists working on your behalf on issues like this. It is sadly in the nature of dental practitioners to find it hard to confide in a local colleague, whether it be pride, or a reluctance to admit to someone who might be thought of perhaps as a commercial rival that you are in some difficulty. However, we have all been there, and please, if you ever find yourself struggling to cope, feel free to contact me, or anyone else on the committee, either by phone or by e-mail. It will be treated in the strictest of confidence and if we can’t help directly, we’ll certainly be able to point you in the right direction.

Glasgow Dental School Runners

On a beautiful sunny day on Wednesday 10 June the Glasgow Dental Hospital & School Runners took to the streets for the first time.

The run was the brain child of three regular runners (Neil Nairn, Alison Cairns and Robert McKerlie), who wanted to improve their own personal fitness and introduce the benefits of running for a healthy work life balance to others at the Glasgow Dental Hospital & School (GDH&S). The GDH&S Runners has rapidly grown in size, with more runners at all levels joining to expand the group. Kelvingrove Park and the Kelvin Way has been adopted as our routes of choice, with the benefits of a countryside oasis in the heart of Glasgow and the endless amount of interesting routes that can challenge a complete novice to the experienced club runners.

The running group is open to all staff members whether Glasgow University or National Health Service (NHS), all students undergraduate/postgraduate and Alumni.

If you would like to join the GDH&S Runners contact Neil Nairn at neil.nairn@glasgow.ac.uk or add us on Facebook at www.facebook.com/groups/GDHSRunners.

Local Anaesthetics and Sedation

17 November at 6:30 pm - 9:15 pm at the Royal College of Physicians and Surgeons, St Vincent Street, Glasgow

Local Anaesthetic Techniques – with Bob Philpott

followed by

An Update on Access to Sedation and New Practice Requirements – with Peter Walker

Greater Glasgow and Clyde LDC is delighted to welcome Bob Philpott (Senior Clinical Lecturer/ Honorary Consultant in Endodontics) and Peter Walker (Lead Sedation Dentist at Stobhill Hospital).

The cost of this course is £40 for GG&C LDC mandate holders or £100 for non-mandate holders.

BOOK NOW www.ggc-ldc.scot
SUCCESS RATES SOAR FOR MJDF GROUP

Scottish MJDF group members have just completed their most successful year ever. Find out more about how the Faculty’s tuition groups have helped to improve pass rates.

Colin Neville

After 25 years of being a dentist and having recently sold my practice I was quickly losing both motivation and confidence. I decided to apply for the MJDF examination to see if a ‘bit of education’ might be the spark that relit the pilot light.

Dentistry is a broad and complex subject, not something that the public and successive governments always appears to appreciate, so where to begin? Attendance at the MJDF study group meetings was where the journey began. The study group mentors enthusiasm and encouragement helped ‘kick start’, thankfully not literally, the process of self-directed learning required to cover the full range of topics covered by the curriculum. The mentors also provided invaluable advice on how best to approach the separate components of the examination itself. Being from a different educational era I really didn’t know an OSCE from my elbow, so when East and West groups got together for a mock OSCE examination day it was a particularly positive and valuable experience. I am happy to say with my own hard work, supplemented by support of the study group system I passed both parts of the exam.

Being awarded the MJDF has relit the pilot light and I am now looking forward to keeping it alight by enrolling on an online MSc course next year. The MJDF exam was a very needed and timely refresher of my dental ‘known knowns’, ‘known unknowns’ and perhaps even my ‘unknown unknowns’. I would thoroughly recommend the MJDF to any dentist whatever stage they are in their career.

Jennifer McKenna

I joined the West of Scotland MJDF exam study group 2014-15 because I was keen to sit the exam to help me further my career and I hoped the study group would provide some direction for my preparation for the first and second parts.

A few of my friends were in a similar position and they decided to join also. The group was invaluable in preparing me for both Parts 1 and 2 of the MJDF exam. The study evenings were really well planned by the tutors, who clearly put a huge amount of effort into providing useful study materials and tips on exam technique. Almost every topic which was covered in the study evenings before the Part 1 exam was in the paper-so there were very few nasty surprises on the day!

The mock exam before Part 2 was very useful preparation as it followed the same OSCE-based format as the exam itself. Some of the stations were very challenging, particularly the actor-based ones. Having the opportunity to experience this style of exam before sitting the real thing made the prospect of sitting Part 2 far less daunting.

I would definitely recommend the course to anyone considering sitting the MJDF exam, not only for the content of the study evenings. It was a chance to meet up with friends on a regular basis and everyone supported each other through what can often be a very stressful experience.

PART 2 BEGINS IN JANUARY 2016

The FGDP(UK) Scotland tuition group in 2014-15 had a pass rate of 97%.

Our part 2 tuition group begins on 12 January and places on our 2016-17 group are now available with flexible payment options.

Take the next step in your career, contact Andrew Miller at events@fgdp-scotland.org, or visit our website to find out more about the MJDF.
THE WESTERN DENTAL GOLF CLUB IN 2015

It is 90 years since the club originally formed from the Glasgow Odontological society in 1925 and our fundamental ethos is friendship and camaraderie—but guess what?? Yes, we also enjoy golf. Not necessarily good golf but we enjoy golf and have a laugh. Occasionally we may even have a chat about dentistry but this is rare—although sometimes helpful.

The club is open to 100 members, has an AGM, a winter curry night and 6 day golf outings. We also have two long weekends at Machrihanish in the Spring and Tain in the Autumn. Every year we compete against teams from Glasgow Dental Hospital, The East Of Scotland, The Irish and occasionally a team from the USA. The USA trip is always in November in sunny climes to catch the last of the rays before winter closes in—it is “conveniently” combined with CPD!!

As a member of the society for 34 years I always look forward immensely to the outings with the incidental excitement of possibly picking up a prize—however, if this does happen to be the case the culprit is rewarded by a huge slash to his handicap—we do have our own outrageous handicapping system!

The club provides a fantastic opportunity to release the stresses and strains of our working day lives which is well documented to live up to that reputation as we all know. During the evenings, after the golf we will always have a dinner and prizegiving with a few words from the captain. A few refreshments are also partaken especially when we have a “sleep over”. By the end of the evening and many times after 36 holes my chuckle muscles are often more tired than my golfing muscles—and I personally do cover a large area of the golf course—and beyond!!

This year started off with a Friday Curry Night in February, the venue being Kama Sutra which is opposite the dental hospital. We had a reasonable attendance in spite of the heavy snow. The chat was non-stop as we hadn’t seen each other since the Autumn weekend in Tain which is north of Inverness. The next meeting was the AGM in the Blythswood Hotel which signals the start of the golf season and the new captain being installed. During this we also had a very entertaining speech by Jim “Buller” Reid who is on the after dinner speech circuit and is the hospitality host at Kilmarnock Football Club.

The Spring Weekend was at its usual venue, being Machrihanish Golf Club, during which one of our honorary members celebrated his 80th birthday. This was followed by the Captains Prizes at Dunonald Links, Men v Boys at Pollok G. C. and the Match v East at The Glen G. C. in North Berwick. During August we had our usual Millennium Trophy in Blairgowrie playing the two excellent golf courses—15 of us went up the night before so we were nice and “fresh” for the morning!! The last day outing prior to Tain was the Match v Glasgow Dental Hospital at the magnificent Carrick On Loch Lomond Course where I had the opportunity to play against 2 of the poor souls that once had to teach me—a long time ago!!

All our outings this year including our match against the Irish at Stranraer/PortPatrick were blessed with sunny, superb conditions and the courses were exceptional.

It has been a great honour and privilege to be club captain during this 90th year of the club’s history. It has given me the opportunity to put back into the club some small return for all the years of companionship and unforgettable moments I have experienced. If any dentist/ golfer (no matter their ability) wishes to join the club and experience the fun, sociability and golf please contact our Match Secretary Robbie Thomson at thomsons12newcraigs@msn.com.

Craig Taylor,
Club Captain,
Western Dental Golf Club.
TO MONTE CARLO AND BACK:
THE MAD MOLARS WHISKY SHUTTLE

‘The Mad Molars’ rally team was established by the Head of Glasgow Dental School, Jeremy Bagg, to compete in the 2015 Monte Carlo or Bust Banger Rally. It was a fund-raising venture for the University of Glasgow Dental Appeal, which was established in 2014 to raise £300K for a new Dental Technology Teaching Laboratory at the School.

Jeremy joined forces with two of his University colleagues, Neil Campbell, Director of Campus Services, and Ronnie Ford, Head of Transport Services to establish the team, which chose to enter a 1977 Austin Princess “Wedge” in the competition. Ev Wallace, Jeremy’s secretary, provided outstanding administrative support in her role as Team Principal. Fund-raising linked to the event commenced in December 2014 at the Faculty study day at Glasgow Science Centre, a magnificent start to the project which was received very enthusiastically by delegates.

Supporters were invited to purchase decals shaped as teeth or lips, upon which they wrote signed messages before attaching them to the body panels. Commercial sponsors were also invited to purchase advertising space.

In January 2015, the President of the West of Scotland Branch of the British Dental Association and Glasgow Dental Alumnus, Ashy Ali, generously invited The Mad Molars and the Princess to attend his Presidential Dinner at Loch Lomond Golf Club. After dinner, over drinks in the bar, Jeremy met Alasdair Watson, a former class-mate with whom he had graduated 35 years earlier from Edinburgh Dental School. A conversation ensued about the forthcoming rally. Alasdair indicated that he was originally from the Isle of Jura and a good friend of Willie Cochrane, the Jura Distillery Manager. Furthermore, he was aware that Willie had recently hosted HRH Prince Albert of Monaco during a visit to the distillery. By midnight, a possible plan had been hatched to take the Princess across to the Isle of Jura to enable Willie to sign a bottle of whisky for delivery to Prince Albert at the end of the rally in July.

Early on a crisp, sunny Saturday morning in March we set sail from Kennacraig on the Argyll Coast, courtesy of one of our sponsors, Cal Mac Ferries. After disembarking, a short drive to Port Askaig allowed us to board the Jura Ferry for the brief crossing and onward drive to the Distillery at Craighouse.

Willie and Alasdair greeted us on arrival before we were treated to a fascinating tour of the distillery and its workings. Afterwards, Willie came out to inspect the Princess, sign one of the gold tooth decals on the car and, most importantly, a bottle of Diurachs’ Own for delivery to Monte Carlo. We returned to the mainland with the Diurachs’ Own safely stowed in the boot.

The next challenge was to arrange for the whisky to be delivered to HRH Prince Albert when we reached Monte Carlo. Willie put us in contact with Anita di Sotto, who both runs La Maison d’ Ecosse in Monte Carlo and has established the Monte Carlo Whisky Society. Anita promised that one way or another Willie’s bottle of Diurachs’ Own would reach Prince Albert, the President of the Monte Carlo Whisky Society.

Team Mad Molars set off on the journey south from the University of Glasgow campus on 13 July, by which time the Princess was festooned with decals and logos signed by our generous supporters and commercial sponsors. Our trip to the Eurotunnel took in stops at Carlisle, where the daughter of the first owner of the car was keen to see it again for childhood reminiscences and the MINI plant at
Cowley, where the Princess was built. We left Folkestone on Le Shuttle early on 16 July then drove from Calais to St Quentin for the rally briefing that night. Each stage of the rally had a fancy dress theme - it was beachwear for St Quentin!

The next day we drove to the first night time rendezvous point, Dijon. The fancy dress theme was ‘freestyle’, so we had chosen 1970’s fashion to match our car’s vintage. The Princess was driving well but the next morning Ronnie changed the spark plugs ahead of the big challenge en route to Turin - the St Bernard Pass in Switzerland. We set off in our ‘white’ theme outfits - SOCO suits with masks to bring to life the teeth in our Mad Molars logo. The terrain became very mountainous but the Princess took the St Bernard Pass in her stride, with no difficulty on either the tough climb up or the equally steep descent. We drove on confidently into Italy, but as we made our way through central Turin we hit very uneven, cobbled streets. Just as our hotel came into view, one of the front Hydragas suspension displacer units ruptured and the Princess adopted a sideways tilt. Our hearts sank, as this was a component that could not be repaired and its failure potentially marked the end of the road for our rally ambitions.

Determined to achieve our goal however, we considered all the options and decided to cancel the hotel in Turin and continue very slowly towards Monte Carlo overnight. As we were leaving Turin the headlight switch broke and Ronnie was obliged to by-pass it with customary ingenuity. Undeterred we continued and after a nerve-wracking night time journey reached a hastily booked alternative hotel in Bordighera in the early hours of the morning. As we reached the outskirts of Monte Carlo, Ronnie noticed that we were low on fuel - running out at this late stage would have been the final straw! Luckily we carried an emergency can of petrol in the boot which took us to our destination.

On arrival at our rendezvous with Anita we were amazed that she had arranged for us to park directly in front of the Hotel de Paris - what a photo-opportunity! We entered the hotel and whilst enjoying a much needed cool drink Anita told us that she had gained special permission for us to drive directly to the Palais du Prince. We set off, with Anita as honorary navigator, and parked in the Square beside the main gates of the Palace. We were joined by Anita’s husband Dario and by Mike Powers, Deputy President of the Monte Carlo Whisky Society.

Shortly afterwards the Palace gates opened briefly to admit an official motorcade. Ten minutes later the gates re-opened and we were invited to drive through into a beautiful, secluded courtyard garden, where we were served drinks and canapés. Shortly afterwards, HRH Prince Albert joined us. He spoke with us at length about our journey from Scotland in the Princess, before signing a decal on the bonnet. We were then able to present His Royal Highness with the signed bottle of Diurachs’ Own, which had travelled safely in the Princess all the way from the Jura Distillery. In return, Prince Albert presented us with a bottle of The Monaco Blend Private Stock whisky, which he duly signed - a wonderful end to our journey from Scotland. The bottle of whisky will be auctioned to add to the £11,700 already raised by the rally.

There then followed a further twist to the tale. The damaged suspension meant that we would be unable to drive the Princess back to Scotland. It was agreed that the car would remain in Monte Carlo and that we would arrange for a replacement part to be sourced in the UK then delivered so that the suspension could be repaired locally. Following repair, the Princess would be entered in the charity auction planned for the Monte Carlo Whisky Society Conference in December, the proceeds of which pass to HRH Prince Albert’s Foundation.

Following HRH Prince Albert’s departure, we left for The Tasting Room run by Anita just across the Place du Palais. It is a splendid whisky tasting venue with wonderful views and we toasted the successful end to our Monte Carlo or Bust Rally adventure with a dram of ... Jura whisky of course!
BDA SCOTLAND PROGRAMME FOR 2015-16

**Wednesday 11 November 2015**
Professor Jim McDonald  
Sleep Disordered Breathing in Children & Adults: Can the dentist help?

**Wednesday 3 February 2016**
Dr Robert Thomson  
Presidential Address When does it get easier? My first 35 years in General Dental Practice

**Saturday 20 February 2016**
PRESIDENTIAL DINNER at  
ROSSDHU HOUSE, LOCH LOMOND

**Wednesday 9 March 2016**
Dr Steve Bonsor  
What’s Hot in Dental Materials?

**Wednesday 20 April 2016**
AGM & Professor Tara Renton  
LA Administration and IDN damage

More Information
Gather from 6.30pm at the RCPSG on St Vincent Street, Glasgow for refreshments and to visit sponsors’ stands, lecture starts at 7.30 prompt. CPD Allowance available for all meetings with the exception of the Presidential Address and Dinner.

Find out more at  
www.bda.org/Scotland/BSB/  
bdawestofscotland-branch

CALLING ALL PRACTICE MANAGERS

News from Managers Unite Group Scotland (MUGS)

Day to day life in the practice, although shared with colleagues, can often be a solitary experience.

Are you out there trying to solve the many issues that occur daily in the Dental Practice? Why not come along and join our group aimed at providing support through meetings and social events. We meet bi-monthly on the first Thursday of the month at 7pm in different practices throughout Lanarkshire & Glasgow.

Since our inaugural meeting in March 2014, our numbers have continued to grow with Managers joining from Dumbarton, Glasgow, Lanarkshire and Stenhousemuir. We discuss relevant topics and concerns individuals may have and also pass on excellent ideas on how to solve issues/problems.

So far we have had speakers on Internet Safety, Management Styles, Dental Nurse Training, Facebook & Social Media to name a few. We also enjoyed a lovely pamper evening with complimentary facials & head massages.

In November 2014, we took part in the Winter Warmer - Glasgow 5k, in aid of The British Heart Foundation and raised over £300. We are planning our Christmas Night out in November. The group will meet again January 2016 and would welcome new members.

For more information contact  
Sadie Burns at Bothwell Dental Care on 01698 854048 or  
sadieburns@bothwelldentalcare.co.uk

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