

NEBDN welcomes new trustees

The National Examining Board for Dental Nurses welcomed four new trustees to its Board of Trustees at its recent Annual General Meeting. Julie Curtis, Thomas MacGregor, Barry Mitchell and David Young have all joined NEBDN at a time of growth and ambition as the organisation strives to provide the very best education for the dental nursing profession across the globe. Over recent years, the NEBDN has become a major force in the field of dental nursing education and now offers candidates the widely acclaimed National Diploma in Dental Nursing, as well as six post-registration qualifications that cover the spectrum of advanced dental nursing topics. Having relocated from their previous base in Fleetwood earlier in the year, and now firmly settled into their more modern, accessible premises in Preston, NEBDN continues to attract high calibre trustees with a fantastic range of experience and skills.

Sue Barker, NEBDN Acting Chief Executive said: 'NEBDN now offer more qualifications than ever before and we have ambitious growth plans to continue to develop so that we remain at the forefront of dental nursing education. We welcome Julie, Thomas, Barry and David to the NEBDN Board of Trustees. Our new and existing trustees, working alongside our committed staff team, bring vital skills and knowledge to drive the organisation forward. We recently held a valuable trustee and staff strategy session, enabling an interesting exchange of ideas resulting in some innovative development plans. We look forward to exciting times



ahead, working closely with the Board to realise these plans.'

Two long-serving members, Ian Bennington and Beverley Coker stepped down from the NEBDN Board of Trustees at the recent Annual General Meeting. Ian who qualified as Bachelor of Dental Surgery in 1961 has served as a trustee for NEBDN for six years, but has worked with the organisation for more than 30 years. Ian has had a distinguished career in the dental profession, holding a number of senior clinical positions, trustee positions as well as being an external examiner for many UK dental schools. Beverley qualified at the Royal Dental

Hospital, London in 1985 and in 1993 was appointed as an examiner, becoming a trustee in 2002. While Beverley has stepped down as a trustee, she will continue to work with NEBDN as OSCE Team Lead on the National Diploma Committee.

Marie Parker, chair of the NEBDN Board of Trustees said: 'I would like to express my sincere thanks to both Ian and Beverley for their immense contribution to NEBDN over the years. They have seen much change and have been invaluable in helping to steer NEBDN through these changes. On behalf of NEBDN and the Board of Trustees, I wish them all the very best for the future.'

Squeezing a stress ball helps kids

The number of children with phobias of the dentist could be reduced as experts create the first self-help guide designed to encourage young children to face their fears. Led by academics at the University of Sheffield, the guide uses Cognitive Behavioural Therapy (CBT) techniques to reduce children's anxiety about going to the dentist. More than a third of children experience fear of visiting the dentist. This fear can prevent children having regular check-ups and completing vital dental treatment. The team found that 60% of children felt a lot less worried after using the guide,

which is available in a paper version or online and includes a range of effective techniques. Designed with children to help them work with their dentist. It uses 'tools' such as writing a message to the dentist, squeezing a stress ball and choosing their own small reward.

Dr Zoe Marshman from the University's School of Clinical Dentistry said: 'Children who are scared of the dentist often end up with poor dental health and stay scared of the dentist for the rest of their lives.'

'At the moment, most of these children end up having sedation or being given a

general anaesthetic for their dental treatment. This can be a traumatic experience for children and their parents as well as incurring high costs for the NHS.'

The National Institute for Health Research (NIHR) funded the project and the team worked with 48 children and their families at Sheffield Teaching Hospitals NHS Foundation Trust and a community dental clinic in Derbyshire.

The team plans to further trial the guide to determine the cost-effectiveness compared to normal treatments.