BDA CDS GROUP YORKSHIRE AND THE HUMBER DIVISION

Taking the Anxiety out of Anxiety Management....

Summer Scientific Meeting
Friday 17th June 2016

The Summer Scientific Meeting this year has taken the recently published Standards for Conscious Sedation in the Provision of Dental Care as its inspiration to provide a study day based around the anxiety management pathway. We aim to cover a range of anxiety management techniques from simple behavioural support and interventions to help patients cope with dental care through to the assessment of patients for conscious sedation. In addition we will look at the use of Audit in demonstrating high quality, effective anxiety management services.

This meeting will qualify for 5 hours verifiable CPD. Our guest speakers include:

Dr Kathy Wilson, Associate Specialist in Dental Sedation, University of Newcastle Dental School
Dr Wilson has a wealth of experience in both dental sedation and Special Care Dentistry and sat on the Intercollegiate Advisory Committee Guideline development Group. Dr Wilson aims to provide an overview of the IACSD Standards for Conscious Sedation in the Provision of Dental Care, covering the key areas of the Guideline as well as the roles and responsibilities of the dental team in sedation provision. In addition Dr Wilson plans to highlight some of the key requirements in education and training in the field of conscious sedation.

Mr John Davies, Consultant Psychotherapist in Cognitive Behavioural Psychotherapy Sheffield Health and Social Care Trust
Mr Davies has worked for over 2 decades as a psychotherapist in Cognitive and Behavioural Therapy and has been closely involved in the development of services aimed at using CBT in patients with dental anxiety and dental phobia. Mr Davies also has a keen interest in the training of DCPs in the delivery of behavioural management for dental anxieties.

Dr Simon Utting, Consultant in Special Care Dentistry, Lyn Roberts, Registered Dental Nurse, Community and Special Care Dentistry, Sheffield Teaching Hospitals NHS Foundation Trust
As well as being an experienced sedation practitioner Dr Utting has a special interest in the use of acupuncture and hypnosis in management of anxious and phobic dental patients. Dr Utting, in tandem with Mr Davies, will cover the use of non-pharmacological behavioural management options in supporting patients with dental care as well as looking at the use of hypnosis, acupuncture and Behavioural Management Therapy. Dr Utting, in conjunction with Lyn Roberts, will also look at the role of the wider dental team in delivering Behavioural Management Therapy.

Dr Stephen Jones, Clinical Director Salaried Dental Service, Cumbria Partnership NHS Foundation Trust.
As Clinical Director of Cumbria’s Salaried Dental Service Dr Jones has been involved in the delivery of dental care under conscious sedation for several years having gained his Diploma in dental sedation in 1997. Dr Jones is an active member and Hon Treasurer of SAAD and is heavily involved in both teaching and examining in Dental Sedation and will cover Patient Assessment for Conscious Sedation including the use of the wider dental team in patient care pathways. In addition Dr Jones will also present their service wide audit related to the quality and effectiveness of sedation services.
**Venue:**
Roger Evans Auditorium
Yorkshire Sculpture Park Visitors Centre, West Bretton, Wakefield. WF4 4LG.

**Costs:**
- BDA Members £60.00
- Non-BDA dentists £80.00
- DCP’s £30.00  
  *Includes refreshments and fork buffet lunch*

**Closing date for applications:** **Friday 27th May 2016**

Applications only accepted with PAYMENT IN FULL by cheque payable to: British Dental Association.

You will be notified by email about your application, so please write it clearly on the application.

**Please note cancellations received after the closing date will NOT be eligible for a refund**

**Venue:**
Roger Evans Auditorium
Yorkshire Sculpture Park Visitors Centre, West Bretton, Wakefield. WF4 4LG.

Telephone: 01924 832631

Covering 500 acres of parkland, Yorkshire Sculpture Park is located 1 mile from Junction 38 on the M1. 20 miles south of Leeds and 26 miles north of Sheffield.

**From the North or South**
Exit the M1 at Junction 38, take the A637 towards Huddersfield, and follow the Yorkshire Sculpture Park brown heritage signs for one mile until you reach a roundabout. At this roundabout, turn left and follow the road through to the YSP car park and Centre.

**From the East or West**
Leave the M62 at Junction 29 and take the M1 South towards Wakefield and Sheffield. Exit the M1 at Junction 38, take the A637 towards Huddersfield, and follow the Yorkshire Sculpture Park brown heritage signs for one mile until you reach a roundabout. At this roundabout, turn left and follow the road through to the YSP car park and Centre.

**By train**
Wakefield Westgate is the nearest main line station, around 7 miles from YSP. A taxi from the station costs approximately £10. London King's Cross to Wakefield takes around 2 hours.

**By bus Wakefield–Barnsley, Monday–Saturday**
Buses run between Wakefield Bus Station and Barnsley Interchange via West Bretton. Buses stop and depart directly outside the YSP Centre. The current provider is Tates Travel, number 96.
BDA CDS GROUP YORKSHIRE AND THE HUMBER DIVISION

Summer Sizzler

Friday June 17th 2016

Miss the traffic rush and relax after an educational Study Day! Meet and chat to colleagues in your Division at our Summer Social Event. Enjoy the tastes of summer at the evening barbeque!

Venue: Yorkshire Sculpture Park Visitor Centre, West Bretton, Wakefield. WF4 4LG.

Time: 5.30 pm
(after the AGM at the Summer Scientific Meeting)

Costs: BDA Members £10.00
Non-BDA Members £20.00

Closing date for applications: Friday 27th May 2016
Applications will only be accepted with PAYMENT IN FULL
Please note that cancellations received after the closing date will NOT be eligible for a refund
APPLICATION FORM

Course fees:
- BDA Member £60.00
- Non-BDA dentist £80.00
- DCP £30.00

I would like to attend and enclose cheque for £ _______________________

Special dietary requirements: _______________________________________

I would like to attend the Summer Social Event, and enclose further remittance for:
- BDA Members £10
- Non-BDA members £20.00

Please make cheques payable to British Dental Association

Name: ___________________________________________________________

Contact details: __________________________________________________

__________________________________________

Mobile number: __________________________________________________ (to contact in unforeseen circumstances only)

Email address: __________________________________________________

Please POST applications and cheques to:
Caroline Graham
Yorkshire and the Humber Division BDA CDS Group
26 Guisborough Road
Great Ayton
Middlesborough
TS9 6AB

You will be notified by email about your application, so please write clearly on the application form.

Any enquiries regarding this course please contact caroline.graham3@nhs.net

Closing date for applications: Friday 27th May 2016
Applications will only be accepted with PAYMENT IN FULL
Please note cancellations received after the closing date will NOT be eligible for a refund
# BDA CDS Group Yorkshire and The Humber Division

## Summer Scientific Meeting
**Friday June 17th 2016**

### Provisional Programme

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker/Authors</th>
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<tbody>
<tr>
<td>8.45 am</td>
<td>Coffee and Registration</td>
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<tr>
<td>9.15 am</td>
<td>Welcome</td>
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<tr>
<td>9.30 am</td>
<td>Standards for Conscious Sedation in the Provision of dental care</td>
<td>Dr Kathy Wilson</td>
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<td>- A summary of the key changes and their implications</td>
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<td>10.30</td>
<td>Dental Anxiety: Aetiology, Signs, symptoms and assessment</td>
<td>Mr John Davies Consultant Psychologist</td>
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<td>11.15 am</td>
<td>Tea/Coffee</td>
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<tr>
<td>11.30 pm</td>
<td>CBT – basic theory and application in practice</td>
<td>Dr Simon Utting</td>
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<td>Including use of the wider dental team in delivering CBT</td>
<td>Lyn Roberts</td>
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<tr>
<td>12.30 pm</td>
<td>Non pharmacological anxiety management options:</td>
<td>Dr Simon Utting</td>
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<td>Communication techniques, Hypnosis, acupuncture</td>
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<td></td>
<td>and their application in routine care</td>
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<tr>
<td>13.00 pm</td>
<td>Lunch</td>
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<td>2.00 pm</td>
<td>Patient assessment for Conscious Sedation</td>
<td>Dr Stephen Jones</td>
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<td>- ASA Classification – and where does BMI fit with this</td>
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<td>- Particular challenge’s in assessing special care patients</td>
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<td>- Significant contra indications to conscious sedation in primary care</td>
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<td>and possible alternatives</td>
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<td></td>
<td>- Including the use of the wider dental team in assessment</td>
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<td>3.00 pm</td>
<td>Tea/Coffee</td>
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<td>3.15 pm</td>
<td>Short Reports:</td>
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<td></td>
<td>- The use of Audit to demonstrate quality and effectiveness in sedation</td>
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<td>4.15 pm</td>
<td>Close</td>
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Followed by the AGM of BDA CDS Group Yorkshire and The Humber Division at 4.30pm.

| 5.30 pm| Social Event – ‘Summer Sizzler’ in the Restaurant of the Yorkshire Sculpture Park |                                                     |

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**Please note:**

BDA CDS Group Yorkshire and The Humber Division aim to provide enjoyable and educational Study Days that are well organised. However, should the need arise, we reserve the right to amend the program at short notice.