

# Essex Branch and Essex LDC Study day

**Wednesday 11 March 2026**

The Lion Inn, Main Road, Boreham, Chelmsford, Essex CM3 3JA

## Programme

- 08:30 Registration
- 09:00 Dental Ethics – Jason Stokes
- 10:00 Orthodontic Referrals for the GDP and IOTN - Gareth Davies
- 11:00 Refreshment break
- 11:30 Optimal Performance: The New Gold Standard of Success - Rana Al-Falaki
- 12:30 Dental contract reform and communities of practice - Nick Barker
- 13:00 Lunch
- 14:00 Complaints handling and clinical note keeping – Bryan Harvey
- 15:00 Antiresorptive medications/MRONJ - Catherine Rowland
- 16:00 “There is nothing to be afraid of” guidance for extractions on patients with anticoagulants and other medical issues - Catherine Rowland
- 17:00 End

## Dental ethics Jason Stokes

### Learning content

This session will demonstrate how the GDC Standards apply to General Dental practice, describe the personal consequences of breaching the GDC ethical standards and show how to formulate plans to effectively avoid ethical missteps.

### Aim

This session will explore and expand on the GDC Ethical Guidance (Standards). It will use real world scenarios to show where dental team members have "come unstuck" by misunderstanding or misapplying the ethical standards that underpin our profession.

### Learning objectives

- Characterize some of the common ethical pitfalls for Dentists and their Teams
- Define the consequences of breaching the GDC ethical standards
- Demonstrate how to effectively avoid ethical missteps

**Development outcomes:** A, B, D

### **Jason Stokes**

Jason Stokes is a GDP and NHS Provider & Performer. He is also the Associate Postgraduate Dean for Early Years in the East of England. Jason is an elected representative on the BDA Principal Executive Committee (PEC). Jason is also the Secretary of Norfolk LDC and Chair of the BDA Norfolk and Norwich Section.

## **Orthodontic referrals for the GDP and IOTN**

### **Gareth Davies**

#### **Learning content**

This session will introduce the fundamentals of orthodontic assessments for children under 18, explore common orthodontic problems and provide clear guidance on when and what to refer for specialist advice and treatment. It will also cover the timing of referrals and present an overview of the Index of Orthodontic Treatment Need (IOTN), highlighting its role in determining appropriate referral to specialist orthodontic care.

#### **Aim**

This session will cover common orthodontic problems related to the development of occlusion in children. It will include an overview of the Index of Orthodontic Treatment Need (IOTN) and its role in appropriate referrals for orthodontic treatment and guidance on what and when to refer.

#### **Learning objectives**

- Recognise orthodontic issues related to development of the teeth, occlusion, jaws and face
- Understand the IOTN and its relevance to referral to specialist orthodontic management
- Assess appropriate timing of orthodontic referrals
- Communicate effectively with orthodontic specialists.

#### **Development outcomes: C**

### **Gareth Davies**

Gareth is an Orthodontic Specialist. He qualified as a Dentist in 1984 from The London Hospital, Whitechapel and completed orthodontic specialist training at Guys Hospital London in 1997. He gained experience across hospital and general practice dentistry both home and abroad before embarking upon specialist training. He has owned and run Colchester Orthodontic Centre, an orthodontic specialist practice in Colchester, Essex, since 2001. He leads a team of orthodontic specialists and orthodontic therapists managing both child and adult orthodontic problems.

## **Optimal performance: the new gold standard of success**

### **Rana Al-Falaki**

#### **Learning content**

Interactive session combining a Burnout Risk Assessment with evidence-based wellbeing and leadership tools. Covers emotional regulation, physical performance hacks, and the NAIL-IT framework to embed sustainable performance and prevent burnout in dentistry.

#### **Aim**

To help dental professionals understand the link between leadership and wellbeing that prevents burnout and learn practical strategies to enhance performance and resilience.

### **Learning objectives**

- Identify signs of burnout
- Apply emotional regulation and physical performance hacks
- Integrate leadership behaviours that enhance wellbeing and team performance.

**Development outcomes:** A, B, D

### **Rana Al-Falaki**

**Specialist Periodontist, Certified Professional Coach, Optimal Performance Strategist, Energy Leadership Master Practitioner, Bestselling Author**

Rana Al-Falaki is founder of NAIL-IT In Dentistry, a multi-award-winning executive and leadership coach, best-selling author, international speaker, and Specialist Periodontist with over 3 decades in dentistry. As creator of the award-winning NAIL-IT Leadership System, she pioneers a unique, science-backed approach to combining leadership with wellbeing — enabling high performance without burnout.

Her work has been recognised through the CEO Today Executive Coaching Award, SME Business Elite Award, and an Outstanding Contribution to the Training Industry (Professional Speakers Academy). She co-founded BREATHE Dental Wellness in partnership with the Chief Dental Officer, and was named one of Dentistry's Top 50 in 2025.

## **Dental contract reform and communities of practice**

### **Aim**

To provide an overview of the current dental contract reform proposals

### **Learning objectives**

- List the proposed changes
- Describe what the changes detail
- Evaluate how the proposals may change their professional practice.

### **Nick Barker**

**Deputy Chief Dental Officer- England Professor of Oral Health Sciences and Programme Lead in MSc in Periodontology at University of Essex**

Nick qualified BDS from the Royal London Hospital in 1990 and has since gone on to gain additional qualifications with distinction in the MSc in Restorative Dental Practice in 2009 at UCL Eastman, Fellowship of the College of General Dentistry and Fellowship of the Faculty of Dental Surgery at Royal College of Surgeons England, Membership of the Faculty of Dental Trainers at Royal College of Surgeons Edinburgh and a Postgraduate Certificate in Medical Education from University of Essex. He is employed as the Deputy Chief Dental Officer for England, Joint Regional Chief Dental Officer for East of England and as Professor of Oral Health Sciences at the University of Essex and programme lead in the MSc for Periodontology and Advanced Periodontal Practice.

## **Complaints handling and clinical note keeping**

### **Bryan Harvey**

### **Aim**

To look at the importance of complaint handling and its relation to note keeping.

### **Learning objectives**

- Understand complaint handling
- Importance of good communication
- The value of good records.

### **Development outcomes: A,D**

#### **Bryan Harvey**

##### **Senior Dento-Legal Adviser at the DDU and Chair of Essex LDC**

Bryan is a Senior Dento-Legal Adviser at the DDU. He has been qualified for 54 years. Before 1 January 2016 he was Deputy Head of the DDU and has been a dento-legal adviser for 25 years. Prior to this he was in general practice for 25 years, was a vocational trainer and an associate specialist in oral surgery. Currently he is chairman of Essex LDC, on the LDN and MCNs for Oral Surgery and Restorative. He keeps wet gloved working alternate Saturday mornings in practice. Bryan regularly lectures on dento-legal and ethical issues.

### **Antiresorptive medications/MRONJ** **Catherine Rowland**

#### **Aim**

To equip primary care dental practitioners with evidence-based knowledge and practical strategies for the prevention, early recognition, and management of medication-related osteonecrosis of the jaw (MRONJ), ensuring safe and effective care for patients receiving antiresorptive and antiangiogenic therapies.

#### **Learning objectives**

- Understand MRONJ pathophysiology, definitions, staging, and risk factors
- Apply national guidance for prevention and management
- Evaluate evidence-based medical and surgical approaches
- Communicate effectively with patients and colleagues
- Uphold ethical responsibilities and reflect on professional development.

#### **Development outcome: C**

#### **Catherine Rowlands,**

**Oral Surgery Registrar, Mid and South Essex NHS Foundation Trust**

### **“There is nothing to be afraid of” guidance for extractions on patients with anticoagulants and other medical issues** **Catherine Rowland**

#### **Aim**

To provide primary care dental practitioners with clear, evidence-based guidance on the safe management of patients taking anticoagulants or antiplatelet medications, ensuring optimal care and minimising risk of adverse outcomes.

**Learning objectives**

- Understand common anticoagulant and antiplatelet drugs and their actions
- Apply national guidance for dental care of anticoagulated patients
- Identify bleeding risks and use evidence-based haemostasis measures
- Communicate effectively with patients and healthcare teams
- Recognise ethical and consent considerations and reflect on practice.

**Development outcome: C**

**Catherine Rowlands**

**Oral Surgery Registrar, Mid and South Essex NHS Foundation Trust**