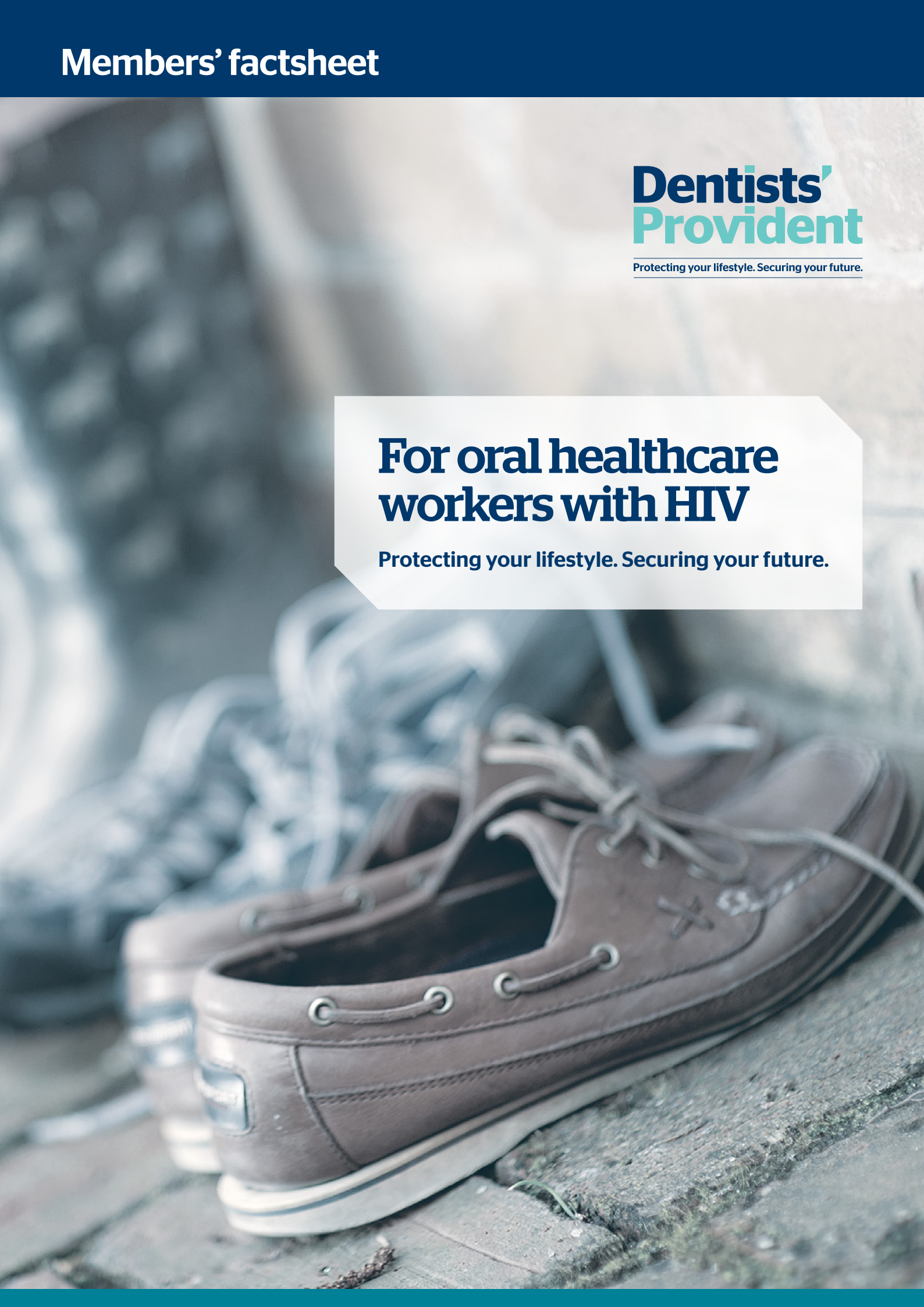


**Dentists'
Provident**

Protecting your lifestyle. Securing your future.

For oral healthcare workers with HIV

Protecting your lifestyle. Securing your future.



If you have been out of the dental profession for a few years, then you may need some guidance on how to get back into practice. Or if you have been restricted on your clinical practice, there may be new laws you need to be aware of.

Are you registered with the GDC?

If you are then you can practice again, if you aren't, you will need to apply for restoration to the register.

www.gdc-uk.org/DentalProfessionals/Applyforregistration/Pages/Restoration-Page.aspx

Law Change

On 15 August 2013 the Chief Medical Officer Professor Dame Sally Davies, confirmed the removal of restrictions on healthcare workers with HIV practising exposure-prone procedures. This change came into effect from April 2014, subject to the conditions below.

As well as fulfilling the conditions below, you must be registered on a confidential web based register. There is an interim paper based system that your occupational

health physician can register you on. This is their confirmation that they have cleared you to undertake exposure-prone procedures. The UK Advisory Panel for healthcare workers infected with bloodborne viruses (UKAP) does not contact healthcare workers directly.

Please see **www.hpa.org.uk/Topics/InfectiousDiseases/InfectionsAZ/BloodborneVirusesAndOccupationalExposure** for more details.

Conditions for the practise of dentistry

All healthcare workers who wish to perform exposure-prone procedures must:

- Either be on effective combination anti-retroviral drug therapy and have a plasma viral load < 200 copies/ml, or;
- Have maintained their viral load for at least 12 months, based on at least three separate viral load measurements and be subject to plasma viral load monitoring every 12 weeks, and;
- Be under joint supervision of a consultant occupational physician and their treating physician, get initial health clearance and be registered with the UKAP Occupational Health Monitoring Register (UKAP-OHR)**

Detailed guidance for HIV infected healthcare workers who perform exposure-prone procedures was updated in January 2014, and can be found on the Public Health England website **www.hpa.org.uk/webc/HPAwebFile/HPAweb_C/1317140704390**

E-mail **phe.ukap-ohr@nhs.net** or call **020 8327 6446**

**UKAP-OHR - Occupational health monitoring register of blood borne virus infected healthcare workers

Are you still on a performer's list?

Unless you intend to work exclusively on a private basis, you will need to obtain a new contract listing from NHS England or your regional equivalent. This can take time and you will need to demonstrate that you have the right level of core skills. If you have maintained membership of a defence organisation, then they will be able to advise you about the process.

Dental Update subscription offer

If you are new to Dental Update and wish to subscribe, as a Dentists' Provident member you will get a FREE Dental Update app for a mobile device of your choice. If you are a current subscriber you can download the app for £5. Call **01483 304944**, quoting your Dentists' Provident membership number, to take advantage of this offer.

CPD and training

You will also be expected to complete your CPD hours, if you haven't continued to undertake any training or educational courses in your time out of practice. Depending where you are in your five year CPD cycle, you may need to provide documentary evidence of the full 250 hours of CPD (of which 75 must be verifiable). You may want to approach your nearest Postgraduate Deanery, to help you prepare your own personal development plan.

Where to find trainers and courses

If you open the dental magazines you will see hundreds of different providers and courses. They can be a good source of relevant and up to date courses, in fact 82% of dentists surveyed looked for information on training courses in dental journals and magazines, as well as 64% on the internet.*

Providers and courses

It may be useful to look at recognised organisations first. Of the dentists surveyed, the preference for training course providers was dental schools 63%, independent training providers 62% and dental associations 59%.*

Online

You can do all of your CPD online, if you don't feel you want to travel to a venue.

68% of the dentists surveyed consistently undertook distance and online training courses,* so these are a viable option now, as are webinars and video cases. The BDJ and Dental Update websites were judged to be the most useful sites for CPD courses by the dentists surveyed.*

Conferences

You can also go to annual conferences and exhibitions such as the BDA conference, BDIA Showcase, the Premier Symposium and Clinical Innovations amongst others, to update yourself on clinical techniques, materials, product/equipment innovations and regulatory changes.

Topics

The main topic area of interest, with the dentists surveyed, is still restorative dentistry.* And if you look at the more recent additions to the clinical courses that are available, you will see that minimal intervention dentistry is becoming the new recognised approach to dental care.

*BDIA New Technology & Trends Survey 2013

Physically and mentally fit

Dentistry, as you know, is a mentally and physically demanding profession, although of course also personally and financially rewarding, so it is important to keep yourself fit and well.

Posture and musculoskeletal disorders

In 2013 we paid over £1.5 million in claims for musculoskeletal disorders. Musculoskeletal problems continue to make up a significant part of the claims we pay, making up 37% and 35% of male and female claims paid respectively in 2013.

If you look at our members' newsletters you will find articles on aiding good posture, offers for classes on improving posture and tips for managing stress. This could be even more important if you have been out of practice/dentistry for some time. www.dentistsprovident.co.uk/media/5062/issue-2-spring-2014-newsletter.pdf

Free Alexander Technique class

If you are interested in Alexander Technique classes, then, as a Dentists' Provident member, STAT would like to offer you a FREE class when you book a series of ten.

E-mail ilia@stat.org.uk quoting your Dentists' Provident membership number. Visit www.stat.org.uk for more information.

Culture shock

You may also find things have changed in the dental profession since you left practice, so it is very important when you go back to work to prepare yourself for it, such as choosing a job where you feel comfortable and a team who will offer you support. There is a basic guide at www.nationalcareersservice.direct.gov.uk/advice/planning/Pages/longtermsickness.aspx that may help.

It may also be good to meet with peers, or local BDA groups, who can keep you up to date with what is going on locally and nationally within the profession. There are also online dental groups such as the www.webdental.com

Changes in the dental profession in recent years

- Piloting the new NHS dental contract www.bda.org/dentists/policy-campaigns/research/nat-init/pilots/pilot-info.aspx
- Standards within the GDC www.gdc-uk.org/Dentalprofessionals/Standards/Pages/home.aspx
- Direct access and DCP registration www.gdc-uk.org/dentalprofessionals/standards/pages/direct-access.aspx

Dentists' Provident

For further information please contact Sarah Bradbury, Head of Marketing and Communications
Telephone: +44 (0) 20 7400 5716 We may monitor calls to improve our service.
Mobile: +44 (0) 7795 756613 or e-mail sarah.bradbury@dentistsprovident.co.uk
Dentists' Provident, 91-94 Saffron Hill, London, EC1N 8QP www.dentistsprovident.co.uk

Dentists' Provident is the trading name of Dentists' Provident Society Limited which is incorporated in the United Kingdom under the Friendly Societies Act 1992 (Registration Number 407F). Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority (Firm Reference Number 110015).

Having the right cover

Professional indemnity

If you have kept up your membership of a defence organisation then you are still protected.

David Croser Dento-legal advisor from Dental Protection Ltd said, "Organisations like Dental Protection offer a deferred membership category for individuals who are unable to work for extended periods because of health reasons. It is important that clinicians who have selected this option inform their defence organisation about their change in circumstances. This is also an opportunity to consider a reduced-hours membership, until you fully return to work."

Income protection

As a member of ours, we are here to help you, and support you to get back to work. Paul Roberts, one of our claims consultants said "Members who are returning to work after a long absence and who may not want to go back to work full time straightway, can benefit from a carefully planned phased return. We recommend that a phased return to work is discussed with both your doctor and your employer/practice team, to ensure that there is a good balance of work, in order to increase the chances of a successful return to work. When a member embarks on a phased return to work, we may be able to offer some additional financial support with partial payments of their benefit, to ease the financial burden. We welcome our members to contact us directly to discuss their specific situation, at the earliest opportunity."

Please contact our claims team on **020 7400 5730** or e-mail claims@dentistsprovident.co.uk