

Spring 2014



Registered charity No: 1118671

Inside this issue:

- **Our BSG President**
- **Committee**
- **Constitution**
- **Website development**
- **Film making**
- **Collaborative Working**
- **BSG OHP**
- **News from Wales**
- **Study Days**
- **Editor's Reflections**
- **Member's Report**

Please send your contributions for the Autumn Newsletter to Joanna Millwood by the end of August
newsletter@gerodontology.com

Please inform the Membership Secretary, Barbara Hylton, if you change your email or postal address.

90% of BSG contact with members is via email.

membership@gerodontology.com

BSG Newsletter

Introducing our BSG President

Mark Taylor qualified in 1986 and has since worked almost exclusively in Community/Salaried Dental Services in England. In 1991 he completed a Master's degree in Gerodontology and joined the Gerodontology Study Group, the precursor of BSG. He has continued to develop a career in Special Care Dentistry and Gerodontology as a member of the Joint Advisory Committee for Special Care Dentistry and Specialist Advisory Committee for SCD. He is currently Clinical Lead for Special Care Dentistry in Oxfordshire, examiner for the DSCD and Training Programme Director. He has a special interest in planning for the future dental needs of both an ageing patient population and profession and invites you to join BSG for two conference events in 2014 with the theme, "What do you expect at your age?"



Away from dentistry Mark tries to keep abreast of developments in IT and blogs on Internet Security, and, to help maintain his inveterate geek image, Mark can be found at weekends geocaching in the countryside. He lives in Buckingham with his remarkably tolerant wife Jo.

If you're interested to discover geo-caching: www.gagb.org.uk or www.nationaltrust.org.uk

BSG Committee

| | | |
|--------------------------|-------------------|--------------------------------|
| President | Mark Taylor | Committee and Co-opted Members |
| Immediate Past President | Barbara Hylton | Liz Mavor |
| President Elect | Geraldine Russell | Rebecca Wassal |
| Honorary Secretary | Paul Zubkowski | Ros Davies |
| Membership Secretary | Barbara Hylton | Yvonne Rooney |
| Honorary Treasurer | Bob Baker | Vicki Jones |
| Newsletter Editor | Joanna Millwood | Debbie Lewis |
| Web Editor | Mike Butler | Janet Griffiths |

Mark was elected at the AGM with new committee members. BSG give special thanks to Barbara Hylton, Past President, for her work and dedication last year, especially for the organisation of two superb study days.

We are very grateful to Jeff Wilson for service to BSG as a hard working, enthusiastic Honorary Secretary, since 2010. As well as performing the demanding duties of secretary, he has been an instigator for the revised BSG constitution, he has established the electronic data base and helped organise a number of excellent Study Days, with much time and effort behind the scenes. BSG thank you Jeff and we hope to see you at future meetings.

BSG Constitution Revision of the Society's constitution was accepted at the AGM in Dec 2013. The BSG committee have worked to ensure it reflects our current needs and meets the legal requirements for a properly constituted charity. The revised constitution can be found on our website.

Proposed Website Update One of the committee aims is the introduction of a new website by the end of this year. The BSG Committee will be proposing changes to the membership subscription, this was agreed at the AGM and is work in progress.

www.gerodontology.com

Film-Making and Collaboration

In working towards the main aim of the society; to protect, maintain and improve the oral health of older people BSG has been involved in Film making.

The DVD resource - Looking after the Mouth has been produced for both the carers and the people they care for, to improve their oral health and happiness.

The film covers basic information on signs and risks of poor oral health, advice and practical care instruction and referral information. The feedback has been incredibly positive and it has become a useful resource and is already being used widely.



BSG hope you have had a chance to view it and may wish to use it for training or to pass it onto carers. It is available on the BSG website: www.gerodontology.com



Looking after the Mouth DVD Feedback

'A worthwhile piece of work well done'

'A much needed resource. The ethical and resource challenges to delivering hands on face to face training to carers and care staff mean a video resource is very welcome'

'Thanks for allowing us to copy it'

'A friend who works in a care home watched it and thought it was great'

'Excellent. Use of real life scenarios during the presentation made it special we thought'

'Very well presented and easy to follow for non dental staff'

'When are you doing one on dementia?'

Aims of the Society:

To improve, preserve and protect the oral health of older people.

To encourage research, publication and dissemination of information

To encourage and develop undergraduate and post-graduate teaching and training of the dental team

To promote links with other organisations, professional bodies, carers and the general public

To provide an advisory body to which questions concerning oral health for older people can be referred

BSG is involved in much collaborative working, furthering knowledge and increase awareness relating to the oral health, dental needs and treatment of older adults, ongoing partnership includes:

- NHS England Task Force, Dental Care for Vulnerable adults
- Accessible information for Disabled people in England
- Alzheimer's disease society, working on the Dementia friendly communities campaign, and work to raise awareness of general dental practitioners
- Dementia Action Alliance, organisations in the alliance have responded very positively and are keen to ensure mouthcare is incorporated in dementia care.
- Stroke Association
- Lewy body and Parkinson's society have just requested working with BSG in partnership.
- All Wales Special Interest Group
- BSDH
- BDA
- RCS SAC Special Care Dentistry and SCD Teachers group

BSG OHP Group

The Oral Health Promotion Committee Sub-Group, chaired by Vicki Jones, is involved with a number of projects. Ongoing work includes: Development of guidelines, plan to update the Guidelines on Oral Health Care for people with Dementia, developing training and resources, specifically last year production of 'Looking after the Mouth' DVD. The OHP are considering production of another DVD resource, possibly in collaboration with the Alzheimer's society. Development of oral/dental care information resources for partnership organisations. Promotion and lobbying for UK wide adoption of beneficial national projects or resources. Follow on work from our training DVD and when the website is upgraded developing online training for carers.

Much of BSG's collaborative working is directly through this group, attending relevant meetings to represent the BSG, working with carers groups and other professionals. If you have any contributions or comment please email: ohpbsg@gerodontology.com

News from Wales

In 2013 BSG members attended a number of meetings relevant to the health of older people in Wales.

Next steps for integrating health and social care services in Wales (July 2013)

This meeting organised by the Policy Forum for Wales, with 15 speakers in just 4 hours. Integrated care was defined as ‘*care in which I can plan my care with people who work together to understand me and my carers, allow me control, and bring together services to achieve the outcomes important to me*’. There were several discussion themes too detailed to list. From a personal perspective, the most important contribution was from Peter Watkin-Jones, a solicitor who had been involved in the Mid Staffordshire NHS Foundation Trust Public Inquiry. He strongly advised that Wales should consider the Francis Report, that Trusts need to consider how they can provide better compassionate care without waiting for legislation. He stressed that failures in Mid Staffs were related to neglect of basic standards of care and that there should be zero tolerance in demanding fundamental standards of personal care.

‘Advocating for FREDA’ - Fairness, Respect, Equality, Dignity Autonomy Putting Human Rights into Practice (July 2013)

This was a very interesting one day conference organised by Age Connects Wales, which has a tradition of collaborative work sharing their priorities, using their resources to promote the well-being of older people. The acronym of FREDA epitomises the underlying aims, objectives and values of BSG, and my own personal objectives. Key note speakers, concentrated on developments with the Welsh Government’s Social Services Bill proposing an Adult Protection Board and preventative interventions. Discrimination was seen as being at the heart of much abuse and the need to work with the wider criminal system about the understanding of abuse. The current independent advocacy project run by ACW was on target to work with 2060 people and 30 volunteers within the life of the project. The remainder of the day was based on group discussions on the themes of ‘Authority & Control’, ‘Adults at risk’ and ‘Capacity, Decision Making and Advocacy’.

Dementia Supportive Communities – what a difference a year makes? (October 2013)

This was Alzheimer’s Society Cymru’s annual conference reporting on activity in Wales in progressing Dementia Supportive Communities. More than 100 delegates from health and social care, carers and members of the Alzheimer’s Society met. The highlight of the day was Tommy Whitelaw who cared for his mother with dementia and is now a campaigner in Scotland. Dr Bernadette Fuge opened the meeting by summarising the statistics on dementia in Wales, she stressed the impact of social isolation, referred specifically to the Alzheimer’s Society (AS) report ‘*Counting the Cost, Caring for People with Dementia in Hospital Wards (2009)*’. Ian Sherrif, a trustee of AS spoke passionately about developing Dementia Friendly Communities in the Plymouth area, unsurprisingly, he has been invited to join David Cameron’s ‘Challenge on Dementia’ knowing that resources for health care are being cut, and that this government is very much looking at the voluntary sector to fill the gaps in care and service delivery. Speakers described Instructed and Non-instructed Advocacy Projects in Wales, Befriending Projects in Bridgend, benefits to the individual and their carer. Professor Mark Drakeford, the new Minister for Health and Social Services made a brief presentation on Welsh Government’s strategies in relation to dementia. Dr Pickett gave an update on research funded by the Alzheimer’s Society, new developments in diagnosis and treatment, and the importance of registering brain donation for research (www.brainsfordementiaresearch.org.uk), and there were several short presentations on adapting the environment from RNIB, local projects and the Dignified Care project being implemented across wards in Gwent. But the highlight of the day was **Tommy Whitelaw**, a former carer who spoke with such deep compassion and without any notes about caring for his mother with dementia for 5 years up until her death, and the desperation he felt for the lack of support. I urge you to watch two very moving videos of Tommy’s personal crusade on: www.alliance-scotland.org.uk (type Tommy Whitelaw in the search bar).

Detailed reports of these meetings will appear in due course on the website. Janet Griffiths



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invite you to attend their
Summer Scientific Meeting:

*"What do you expect at your
age?"*

*Preparing the dental workforce
of the future*

*Dementia and the mental health
of older people in the UK*

Friday 13th June 2014
Middle Aston House
Oxfordshire

The BSG committee are excited by the prospect of a new website.

One of the things we are hoping to improve is the availability of the presentations and resources from represented meetings and the Society’s scientific meetings

Online Resources from the 2013 BSG Study Days

In 2013 the society hosted two excellent and very well received meetings. Our June meeting was held jointly with The National Oral Health Promotion Group The **NOHPG** is a forum for professionals interested in the promotion of oral health: www.nohpg, feedback from this meeting recognised it as informative and great partnership.

1000 Lives Plus, a new national programme, seeks to improve patient safety and reduce avoidable harm across NHS Wales, building on the work of the two-year 1000 Lives Campaign, which ended in April 2010. The programmes are central delivery mechanisms for the Welsh Assembly Government's vision for 'world class' healthcare by 2015 www.1000livesplus.wales.nhs.uk

The Caring for Smiles Guide for Care Homes emphasises the importance of providing person-centred, safe and effective care by detailing the importance of individual oral health risk assessments, providing daily oral care specific to residents' needs and describing the associated links between poor oral health and systemic disease: <http://www.knowledge.scot.nhs.uk/media/7460397/caringforsmilecarehomes2013.pdf>

The December meeting addressed Health Challenges in an Ageing Population—The 4 Ds—Dementia, Drugs, Diet and Debility, evaluation received from this day was outstanding, many delegates were personally affected by the thought provoking film 'Midnight in the Afternoon' and many of us would go home to arrange Vitamin D checks for ourselves or our older family members and to do a bit more research for ourselves on the benefits of probiotic drinks and yoghurts!

We were challenged and inspired by Dr David Sheard, founder of Dementia Care Matters, an organisation that provides consultancy, training, resources and research in the UK and Ireland, with their approach to create culture change and deliver real outcomes in person centred dementia care: www.dementiacarematters.com

Christine Randall, North West Medicines information centre signposted to online resources:

UKMi National Medicines Information Network which aims to provide NHS health professionals with accurate, timely and evidence based advice on medicines: www.ukmi.nhs.uk

Electronic Medicines compendium: <https://www.medicines.org.uk/>

This site provides the UK approved information sheets for prescription medicines.

British national Formulary online <https://www.bnf.org/>

Compiled with the advice of clinical experts this essential reference provides up-to-date guidance on prescribing, dispensing and administering medicines.

Emma Riley spoke about the work of UKOMIC, A multi-professional group of UK oral care experts working in cancer and palliative care and dedicated to preventing and treating oral problems, such as oral mucositis, which are secondary to their disease. www.ukomic.co.uk

Dementia in London December 2013 Editor's Reflections

In December 2013, London hosted the [G8 Dementia summit](#), described as 'a historic event bringing this condition that affects 44 million people worldwide into the global spotlight.' The G8 Dementia Summit Declaration contains some stirring stuff, calling for: Building international research collaborations, Greater innovation improving quality of life for people with dementia and their carers, Ambition to identify a cure or disease modifying therapy by 2025, Collaboratively and significantly increasing research funding. For the event, some people with dementia and their carers were asked to summarise dementia in just three words: *Grim, Lonely, Waste? Frightening, Disheartening, Revelatory?* Dementia, along with topics Diet, Drugs and Debility, was discussed at our BSG Winter meeting as Health Challenges in an ageing population. Dr David Sheard, Founder of Dementia Care Matters described the importance of understanding that feelings matter, of using brief "Butterfly moments" in our care, remembering to "go with the person's reality", learning to love them or care for them as they are. I even find myself daring to agree with one of the G8 family members who summarised Dementia in the three words: *Challenging, Heartbreaking and Hopeful.*

Thank you for contributions to the Newsletter, please send contributions for the Autumn 2014 newsletter by the end of August. Joanna Millwood newsletter@gerodontology.com

Society Member's Project Report Carer Training Pilot, Guildford and Medway

Heather Lloyd reports Health Education Kent Surrey and Sussex ran two pilot training days, in March, for carers of older people.

Looking after the mouth to align with the use of the BSG DVD. This CPD training reached about 90 carers from 20 care homes. The morning programme included short presentations from members of the dental multi-professional team. The afternoon, 3 interactive learning sessions on:

- Looking after the mouth and denture care
- A resident's story—the challenge of dementia'
- Resources available to support mouthcare training, and access to dental care

The training days were sponsored by GSK

The organisation Skills for Care offer their support for the ongoing training which will take place within the care homes.

The Project Team is very excited about the benefits of this programme. Following evaluation of the training, aim to roll it out across the Kent Surrey and Sussex Deanery.

For information or questions please contact:

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