

NEWSLETTER

Volume 33, June 2025



Courtesy of: Mr Kiran Amin, Consultant in Restorative Dentistry

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PRESIDENT'S WELCOME



Dr Upen Patel, Associate Clinical Professor & Honorary Consultant in Restorative Dentistry



“As the world changes faster than ever, ensuring our healthcare professionals are equipped with the right skills and training is critical.”

- Dr Upen Patel

I am honoured to take on the role of President of the British Society of Prosthodontics for the 2025-26 term, and I sincerely thank you for your support. My first attendance at a BSSPD conference was after applying for the New Graduate Prize offered by the BSSPD. I was successful and it opened up a world which complemented my role as a clinical academic trainee. The resources made available and the support provided by this society, and its members, were reassuring and encouraging, making me a loyal member and strong advocate for the society's work. I intend to continue this work, ensuring the society continues to provide for its members and to build on the work of previous councils to strengthen the society so it may continue long into the future.

The 2026 conference in Birmingham will focus on preparing for a changing world. I want Prosthodontic Specialists to be able to support those who want to learn, gain experience and provide better healthcare for our patients. To do this we need to be prepared. As the world changes faster than ever, ensuring our healthcare professionals are equipped with the right skills and training is critical. Together, let's explore what the future holds and how we can stay ahead of the challenges and opportunities that lie ahead.

I wholeheartedly understand the importance of this opportunity BSSPD has afforded me, and I will do my best to deliver. I look forward to welcoming you to Birmingham in Spring 2026!

Upen Patel
President 2025-26

**SAVE
THE DATE**

BSSPD Annual Conference

PROSTHODONTIC EDUCATION

preparing for a changing world

16–17 April 2026
The ICC, Birmingham

Booking will open later this year
For Oral and Poster
Presentations, submissions must
be entered prior to Midnight
Friday 31st January 2026



Join us at the 2026 BSSPD Conference in the vibrant city of Birmingham, where we'll explore how to prepare our current and future workforce to meet the ever evolving needs of healthcare. With expert speakers, an exciting trade show and live demonstrations, this will be a conference not to be missed!

bsspd



2025 ANNUAL CONFERENCE REVIEW:

BLUE SKY THINKING: IS PROSTHODONTICS SUSTAINABLE?

Dr Shiyana Elias - Immediate Past President



This timely BSSPD conference on Sustainability in Prosthodontics was held on a sunny spring day, at the prestigious Royal Institution of Great Britain (Ri), in the heart of London. In the beautiful historic amphitheater of the Ri, we embarked a journey where the realms of prosthodontics and environmental responsibility intersected, with ideas not only improve patient outcomes, but also preserve our profession and our planet.



Royal Institution of Great Britain (Ri)

Day 1: Thursday 3rd April 2025

Dentistry and prosthodontics, much like many other fields, are facing the pressing challenge of embracing sustainability, which is not just an ethical responsibility but also a necessity for future generations, in so many ways. The day started with beverages, introductions and busy future stars pinning posters up.



Dr. Shiyana Elias opened the conference and set the scene: although the theme immediately conjures up thoughts of the environment, sustainability can be extrapolated to all aspects of dentistry and especially prosthodontics:

- Sustainable Restorations: How well are our restorations going to be sustained over time, and what can we do to help our patients look after these restorations for longer? What can we build in to manage future failure, and make life easier for patients as they age? Can we educate our patients on the importance of sustainability within oral health care and inspire them to make environmentally conscious choices?
- A Sustainable Environment: What can we learn from the future materials, technology and evidence to lower our carbon footprint and sustain our precious Earth?
- Sustainability of the Profession: How can we have a sustainable workforce and overcome the obstacles of skills shortages, recruitment and retention issues, and still meet the oral health needs of an ever-changing population?

In session 1, chaired by Charlotte Stilwell, Ahmed Al-Khayatt, Mili Doshi MBE and Kavita Shah set out to tackle the first of these themes. Mr Al-Khayatt displayed an impressive level of clinical skill, as well as humour and humility, as he took us along the winding road to achieving and maintaining a sustainable quality of life for those living with the consequences of head and neck cancer treatment. Mrs Doshi followed suit, sharing the challenges of looking after the oral health of those living with heartbreaking illnesses, recovery in challenging circumstances and an aging population. How could we have missed this: so many dentures are being thrown away in hospitals and care homes because the denture pots look like yoghurt pots! Let's all scan the dentures we make so that we can print a new set out quickly to maintain dignity for those most vulnerable.



Mr Shah wrapped things up with a detailed and evidenced based guide to providing prosthodontics with failure in mind. Good oral health and prevention was the running theme. Much discussion was generated: the secret is to keep all options open and plan for failure... it will always come with time. A bowl food lunch was a hit, allowing mingling, learning and the fun to continue!



After lunch, the second session chaired by Dr Zahra Shehabi, delved into what prosthodontics and dentistry was doing to the environment. Professor Nicolas Martin showcased a huge volume of evidence: how much acrylic and composite dust do we create, and where does it all go? How much worse is amalgam compared to composite in environmental terms? Prof. Martin showed that the most environmentally costly things is travel, not only the obvious patient and staff travel, but the manufacture and procurement of goods including the digital technology we use, the materials we use and of course the waste. Professor Tim Joda beautifully followed this on with a glimpse into the future. Maybe life will get easier with glasses that show us the intra oral scanner screen and the radiographs so we can look at the patient like we used to. Maybe we will be replaced with robots that can be clamped to a tooth and do the crown prep for us. Just maybe intra oral scanner and mobile devices will reduce the patient and staff travel as tele-dentistry leads the way for diagnosing dental disease. Both complimented and agreed with each other that the most sustainable way forward was in fact prevention of dental disease!



Mr George Wright ended the session by introducing the concept of a sustainable career in prosthodontics with ways to protect yourself medico-legally: do the right thing, tell the truth, we all make mistakes, and it could happen to us all. Prof. Martin, Prof. Joda and Mr. Wright ended the day with a very interactive, honest and engaging discussion.

The joy persistent into the evening, with canapés and drinks served and kicked out at closing time!



Day 2: Friday 4th April 2025

Ms. Jennifer Jalili chaired the second day, and it began with an emotive presentation on how we can look after ourselves, and each other. Mr Richard Porter started us off, with Mr Derek Moore and Mr Simon Ellis sharing an honest summary of their experiences, capturing the hearts of the audience, as well as showing remarkable resilience. A lesson to us all. Mr Porter then took us on a whistle-stop tour of our minds: a deeper understanding of ourselves helps to focus on a goal and master our own positive thoughts. Prevention was once again deemed better than the cure. Husband and wife team complimented closely with a personal take on inclusive leadership and what it means to them.



The Schottlander Research Oral Prize Presentations exhibited the future talents, with sustainability in mind. The final part of the conference was a political debate and question time. Mr Peter Briggs drove hard questions previously posed by the delegates to the panel members: Mr Eddie Crouch, Professor Jenny Gallagher MBE, Professor Nick Barker, Ms Sana Movahedi and Professor Nicolas Martin. Questions on building a resilient future continued after the Prize presentations. Prevention reverberated throughout the afternoon, as it is more expensive to fix a problem than it is to avoid it. This debate will form the basis of a journal article aimed at hopefully changing the status quo.



The engagement of the audience was applaudable. The experienced dentists within the audience, with their wealth of knowledge and practical insights, were clearly invaluable and provide a strong foundation on which sustainable practices can be built. Our emerging practitioners represented the future of dentistry, with their fresh perspectives and eagerness to innovate will obviously be critical in driving forward a sustainable profession.

All presenters displayed curiosity and humility, and all had a different perspective on sustainability. A mix of Oak, Lime, Hornbeam, Alder, Silver Birch and Hazel trees will be planted in the National Forest, in honour of the Speakers, Panel Members and Chairpersons who contributed to the Conference this year.

Overall, this thought-provoking and emotive conference was not just about discussing the challenges, but also finding solutions. I am thankful to an outstanding line up on speakers, from varied backgrounds, who explored prosthodontic restoration in a different light, looked at what technology and advanced materials can do to help preserve the planet by reducing waste, travel and energy consumption, and we heard an honest account from those looking to create a sustainable workforce. Who knew so much talent walked among us! We gained many tips and tricks that help to make our work and lives more sustainable. These two days challenged us to rethink convention, will hopefully help us to innovate, and lead change. By remaining free of boundaries and traditions, we can join together to rethink the future.

The conference concluded with the prize presentations, closing remarks from the President citing her mother as inspiration, which was met with wide applause from the audience, and hand over to the new president, Mr. Upen Patel.



The BSSPD would like to thank all the speakers and everyone who submitted an abstract for the 2025 conference for their time and effort. We would also like to thank our sponsors who made it possible.



Don't forget to submit your nomination for the rare and prestigious **BSSPD Gold Medal Award**, next to be awarded in 2026. Send your entry to admin@bsspd.org and help us celebrate outstanding contributions to prosthodontics.



Are your contact details up-to-date?

If you are unsure or have had problems receiving emails from the society, email our team at admin@bsspd.org

Alternatively, log in to the members section of our website [here](#).

CONFERENCE PHOTOS 2025

Our thanks to Joel Knight for the stunning photography from the 2025 BSSPD Conference. See all the highlights below!



@joelknightphotography



www.joelknightphotography.co.uk



CONFERENCE PHOTOS 2025



CONFERENCE PHOTOS 2025



PRIZE WINNERS 2025

The Schottlander Oral Prize

This award is for the best Oral Presentation delivered to the Annual Conference of the Society. The British Society of Prosthodontics, in association with Schottlander, offer an annual prize of £1,000 together with a certificate to the principal author of an oral presentation given at the annual conference of the society.

The Schottlander Oral Prize 2025 went to Miss Eda Dzinovic for her presentation entitled 'Advancing Dental Materials with High-Fidelity Octopus-Inspired Suction Cups'.



Winner of the 2025 Schottlander Oral Prize:
Miss Eda Dzinovic



Winner of the 2025 Schottlander Poster Prize:
Dr Bethany Revert

The Schottlander Poster Prize

The Schottlander Poster Prize is awarded to the best poster at the annual conference relating to Prosthodontics, typically laboratory or clinically based research, clinical methodology, clinical case presentations or educational research and implementation.

The Schottlander Poster Prize went to Dr Bethany Revert from St George's University Hospitals NHS Foundation Trust for her poster entitled 'Surgical management and dental rehabilitation of a Browns tumour in the anterior maxilla'. To view the winning poster, click [here](#).

BSSPD Early Career Poster Awards

The BSSPD Early Career Poster Awards are open to final-year students or those within 12 months of BDS qualification, recognising outstanding prosthodontic cases involving either fixed or removable prosthodontic treatment. Up to three winners each year will receive a £150 cash prize, a certificate, and a £50 discount on the conference fee if shortlisted.

The sole winner of the 2025 BSSPD Early Career award was Tanya Naib from The University of Plymouth for her poster entitled 'Planning for empowerment'. To view the winning poster, click [here](#).



Winner of the 2025 Kulzer Award:
Tanya Naib

PRIZE WINNERS 2025

Kulzer Undergraduate Award

This award is made for the best critical review received by BSSPD on a subject related to Prosthodontics. The prize takes the form of a monetary award of £250 together with a certificate. The recipient of the award will be invited to the BSSPD Annual Conference as a guest of the society.

The winner of the 2025 Kulzer award was Ollie Cunningham from QMUL for his essay entitled 'Prosthodontic Rehabilitation for Patients with Cerebral Palsy: A Critical Review of the Challenges and Opportunities in Implant Dentistry'.



Winner of the 2025 Kulzer Award:
Ollie Cunningham

BSSPD Awards Up for Grabs

- **The Gold Medal** - The highest accolade which the BSSPD awards. This award is presented only once every three years to an individual who has made 'exceptional contributions to the furtherance/development of Prosthodontics' in the following domains: clinical, research, education and personal contribution to the BSSPD. Last awarded to Professor Craig Barclay in 2023. Send your nomination to admin@bsspd.org for the 2026 award.
- **BSSPD Research Award** - This award of up to £10,000 seeks to support early career researchers in the field of Prosthodontics to undertake high-quality research that benefits patients. *Closes on: Friday 17th October 2025.*
- **In-Training Award** - This award of up to £1500 is intended to support those in specialist training in Prosthodontics or Restorative Dentistry who are members of BSSPD, to obtain further clinical, audit or research experience in prosthodontics, in a unit away from the one at which they are normally based. *Closing date: Midnight on 31st January 2026.*
- **Schottlander Oral Prize** - A prize of £1,000 for a twenty-minute Oral Presentation delivered to the Annual Conference of the Society in the advancement of knowledge in Prosthodontics. *Opening Date: Autumn/Winter 2025. Closing date: Midnight on 31st January 2026.*
- **Schottlander Poster Prize** - Schottlander also provide a prize for the best Poster Display. This takes the form of a cash award of £400 for the winner. *Opening Date: Autumn/Winter 2025. Closing date: Midnight on 31st January 2026.*
- **BSSPD Early Career Awards** - These awards are made to BSSPD members who are within 12 months of qualification, or undergraduates in their final year of study. The candidates are required to present a poster at the Annual BSSPD Conference, with up to three winners being awarded £150, as well as £50 off their conference booking fee. *Closing date: Midnight on 31st January 2026.*
- **Kulzer Undergraduate Award** - This award is made for the best critical review received by BSSPD on a subject related to Prosthodontics. The prize takes the form of a monetary award of £250 together with a certificate presented by Kulzer. The recipient of the award will be invited to the BSSPD Annual Conference as a guest of the society. *Closing date: Midnight on 31st January 2026.*

OP-ED: BURNOUT IN DENTISTRY: A CRISIS HIDDEN IN PLAIN SIGHT



Mr Richard Porter, Specialist Dentist, Co-founder and Director of Aspire Dental Academy, CEO and Principal of Aspire Clinic, London



After receiving an overwhelmingly positive response to his talk on sustainability within dentistry at the 2025 Annual Conference, Mr Richard Porter shares further insights in this thought-provoking op-ed. His session sparked important conversations around mental health in the profession, prompting this deeper reflection on how personal traits can influence our resilience, stress levels, and overall satisfaction in the practice of dentistry.

Burnout sounds abstract and vague. It sounds like it's affecting someone who needs a break, a holiday in the sun and to reset. The truth I'm afraid is far worse. The reality of burnout is that it is sinister, devastating and, worst of all, you may not see it coming until it hits you right between your eyes.

My take is that it is real, it is not at all rare and it can break you into so many pieces you may not be able to put yourself fully together again afterwards.

At the recent BSSPD Spring meeting, Day 2 opened with real life examples of how even the most replete, smart and robust people can feel its effects and have so much harm done to them. Burnout is far from abstract and vague, it is a very real and widespread occupational hazard. For UK dentists, burnout isn't just a risk; it's almost becoming the norm. It's time to fight back.

As always, honesty combined with both knowledge and wisdom are our best weapons. First defined in the 1980s by Christina Maslach and Susan Jackson, burnout is a psychological syndrome emerging as a prolonged response to chronic interpersonal stressors on the job.

It has three key dimensions: emotional exhaustion, depersonalisation (a sense of disconnection or cynicism toward patients), and reduced personal accomplishment. In plain English, it makes you feel completely exhausted, unfriendly towards patients and less able to do your job.

Notice that it doesn't immediately stop you doing your job, but instead of curiosity and passion towards your patients, you may begin to see them as burdensome risks to content with and whilst you can still do dentistry, that fire to do it with utter excellence is increasingly diminished.

The emotional exhaustion is the most painful aspect. That can manifest physically where you are simply out of energy in all ways. Hope can disappear, demands mount up, motivation seems gone and the future holds nothing but more demand to pay a debt from an emotional bank with nothing in it. Please don't think anyone including you, dear reader, is immune.

Why Is Dentistry So Burnout-Prone?

Dentistry uniquely combines precision work, high cognitive load, emotional labour, and physical strain. Dentists strive to be both technically flawless and emotionally attuned. We are always required to give at least some emotional energy to patients, and this ramps up as the patient's own emotional needs increase. We are required to give more when calming anxious patients, absorbing complaints, and managing staff and financial pressures simultaneously.

For UK dentists, this is compounded by NHS targets, increasingly complex regulation, and a deepening recruitment crisis. We have surveyed over 3000 GPs in recent years and their biggest sources of stress are difficult patients, fear of complaint and litigation and target driven working practices.

It worth us being crystal clear here as we must discuss personality psychology soon too - it is rarely the teeth that make a patient 'difficult'. It is their manner and character. All to often we shy away from stating that some people are very exhausting to treat.

There is good evidence that NHS dentists are at more risk of burnout than their private practice contemporaries, although there are pressures unique to both. A 2023 BDA survey revealed that over 45% of UK dentists are considering leaving the profession early, citing stress and burnout as primary reasons. That statistic isn't just concerning, it's existential. There is more evidence that many dentists end their careers early due to symptoms associated with burnout.

External risk factors for UK dentists may include:

- Litigation and regulatory pressures
- Isolation and lack of support
- High patient volume
- Physical and ergonomic strain
- Psychological and emotional strain
- Business and financial pressures

The Hidden Influencers: Personality and Perception

One under-discussed factor is personality and particularly the trait of neuroticism. There are lots of models for human personality but the only scientifically valid, researched and reproducible one is the Big 5 (Five-Factor Model of Personality). This model has five factors and the one which relates to our sensitivity, experience and tolerance of negative emotions is called Neuroticism. Neuroticism refers to a tendency toward negative emotional states such as anxiety, irritability, and self-doubt.

Dentistry, with its pressure for perfection and relentless exposure to criticism, becomes a magnifying glass for this trait. A dentist high in neuroticism may ruminate over minor issues, internalise patient dissatisfaction, and experience constant anticipatory anxiety. A dentist low in neuroticism may have a more robust and optimistic internal structure but even they are not immune.

Everyone has a limit. It is the author's strong belief that dentists should engage in personality analysis (including all 5 traits) and understand themselves with far more clarity. This is the knowledge that can lead to protective wisdom.

Equally important, but rarely discussed, is locus of control. This refers to how much someone believes they can influence outcomes in their life.

There are two main types of locus of control - external and internal:

- Those with an **external locus of control** feel that outside forces (patients, the NHS, regulations) dictate our success or failure. This mindset leaves us prone to foster helplessness, and when things go wrong, we feel powerless to respond.
- Those with an **internal locus of control**, believe we have agency, even if we can't control every variable. Such people focus on how they respond, how they manage their energy, and what they can change. This mindset is strongly protective against burnout because it shifts focus from frustration to action.

These two ubiquitous psychological traits - neuroticism and locus of control - aren't just concepts. They are present and measurable and they shape day-to-day emotional experience. They easily dominate when compared the external factors for risk of burnout. The most published evidence to date with dental literature focusses entirely on the external. I am so glad to see BSSPD leading the way for more comprehensive help.

[Continued >](#)

Protective Factors: Emotional Intelligence and Boundaries

Thankfully, there are traits and skills that act as buffers.

Emotional intelligence (EI) which is the ability to recognise, understand, and regulate emotions, has emerged as a key protective factor.

Dentists with high EI tend to communicate better, manage patient anxiety more effectively, and rebound more quickly from stress.

There's also some evidence that lower agreeableness - a personality trait often associated with assertiveness and directness - can be protective. Highly agreeable dentists may tend to 'people please' and hence overextend themselves to avoid conflict or disappointment, while those more comfortable with setting limits are often better at preserving their energy.

And that leads to perhaps the most tangible protective tool: boundaries. I confess, I have had more plenty of broken nights' sleep worrying about my own dentistry in one form or another.

In a profession where the work follows us all home, through clinical worries, treatment planning, or inboxes, boundaries are essential.

These boundaries might include:

- Standards at work below which you will not fall
- Clear working hours
- Scheduled breaks between patients
- A firm cut-off for responding to messages
- Emotional boundaries that separate your self-worth from patient satisfaction

Bullet point one may mean always having adequate time, always using rubber dam, always confirming consent and declining elective treatment from difficult patients. This list could go on and on.

Boundaries aren't barriers to compassion they are scaffolding for sustainability. They protect both the dentist and the patient, by ensuring care is delivered from a place of presence rather than depletion.

Moving Forward:

If we are serious about tackling burnout in dentistry, we must move beyond simplistic solutions. I am afraid to write that I feel systemic changes are needed to tackle the external risks. These will never come from self-serving politicians, so can only come from within our most excellent profession.

But we must also address the inner architecture of the practitioner. Burnout is not just about workload; it's about the intersection between that workload and the psychology of the person carrying it. That means we need:

- More open conversations and training about personality, vulnerability, and perception
- Support and training in emotional intelligence and self-awareness
- A shift in culture, away from perfectionism and martyrdom, and toward sustainable service

Only then can we prevent not just burnout, but the quiet erosion of purpose and joy in one of the most human of professions.

The BSSPD would like to extend our sincere thanks to Mr Richard Porter for his insightful contribution on the challenges of burnout in dentistry. His honest and thought-provoking viewpoint has helped shine a light on an important issue facing our profession.



To learn more about the courses at Aspire Dental Academy, aimed at supporting clinical excellence and professional development jointly led by Richard Porter, visit:



www.aspiredentalacademy.com or follow them on Instagram [@aspiredentalacademy](https://www.instagram.com/aspiredentalacademy).

Join the Prosthodontics Exam Board: Lead the Way

Dr Rupert Austin, Prosthodontics Exam Board Chair

The newly-appointed exam board chairs for the Dental Specialty Fellowship Examinations and revised MFDS are calling for experienced clinicians to join them to support the next generation of assessment. Follow the link [here](#) to apply to become an examiner.



Dental
Specialty
Fellowship
Examinations

"As The Prosthodontics Exam Board Chair, I would like to invite BSSPD members to consider applying to examine for the Dental Specialty Fellowship Examination in Prosthodontics and as a Board member for the new exam".

Please have a look [here](#) for news and further information on the development of the Dental Specialty Fellowship Examinations.

New BSSPD Guidance Documents Now Available

Dr Cat Black, Editor

BSSPD Council members, in collaboration with other societies, have developed comprehensive guidance documents, which have been peer-reviewed and approved by the BSSPD Council. These documents are an invaluable resource, providing essential insights for both practical knowledge and academic learning. They are now available for both members and non-members to access [here](#) through the BSSPD website. Have a look at the first documents released below:

- **Prosthodontic Pathways for Head and Neck Cancer Patients.** Written by S Elias and S Hackett for BSSPD in 2025. Click [here](#) to view.
- **Resin Bonded Bridges (RBBs).** Written by S King for BSSPD in 2025. Click [here](#) to view.
- **Training Pathways in Prosthodontics.** Written by C Black for BSSPD in 2025. Click [here](#) to view.

Next Webinar Series Soon to be Released:

The line-up for our popular webinar series will be released in due course, and we have listened to our member feedback! Live webinars are available to all free of charge to view live on the night together with verifiable CPD. The webinars have been delivered by key speakers and opinion leaders in all areas of prosthodontics, offering verifiable CPD from the comfort of your own home.

On Demand CPD: Our entire catalogue of Prosthodontic verifiable CPD is available to our members for free. They are also available to non-members at a cost of £10 per webinar. If you miss any webinars, they will be uploaded to the website to view 'on-demand' - just click on the on-demand CPD tab.

Be the First to Win the BSSPD Research Award

Professor Gerry McKenna, Consultant in Restorative Dentistry and Specialist in Prosthodontics

The British Society of Prosthodontics is delighted to offer this research prize to support a project related to Prosthodontics. The BSSPD Research Award seeks to support early career researchers in the field of Prosthodontics to undertake high-quality research that benefits patients. Will you be the first to win it?

The BSSPD Research Award will be for up to **£10,000** and is intended to support research into prosthodontics in the broadest sense. Applicants should be in early stages of a research or clinical career (i.e. pre-doctoral). Applicants may be working in any field of dentistry, but must have been members of BSSPD for more than one year at the time of application.

For further information regarding criteria and details on the award, please visit our website: www.bsspd.org/Awards or contact admin@bsspd.org



Early Practitioner's Group Mock Viva Day: Book Your Place

Date: Friday 1st August 2025

Location: University of Birmingham, School of Dentistry

After the success of last year's Mock Viva Study Day, we are pleased to run it again this year! The numbers are limited to 25 members and it is tailored to those who are expecting to sit their ISFEE (Rest) or MPros exams within the next 12 months. This study day aims to:

- To give attendees experience of sitting Membership in Prosthodontics and ISFE(Rest Dent) face-to-face mock clinical vivas.
- Please note that this day will not cover experience in the written part of the examinations.

To book your place, follow the link [here](#).

Undergraduate Curriculum Update

We have developed an undergraduate curriculum for Indirect Restorations and Removable Prosthodontics, aiming to provide UK Dental Undergraduates with education based upon current best evidence.

Primarily, this is aimed at UK Dental Undergraduate students, however, we welcome comments from our European colleagues in the hope that their input will make this curriculum accessible for everyone involved, including programmes across the wider world.

Please see the link to the document [here](#).

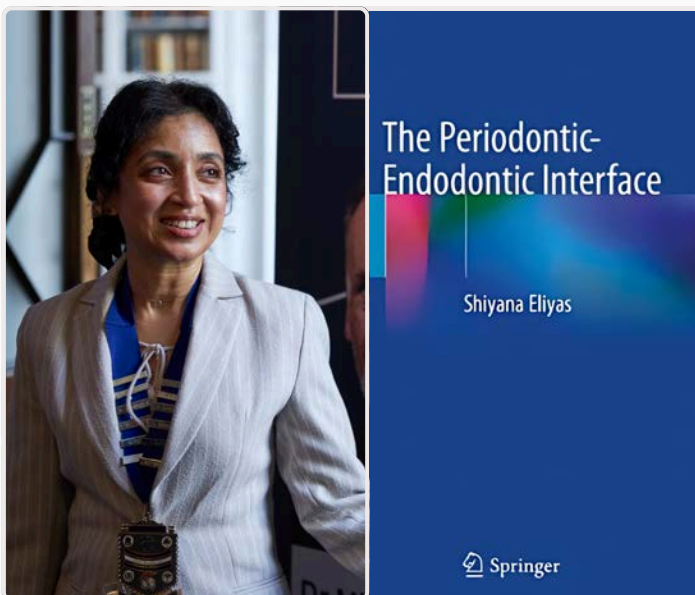
NEWSBITES

LET'S HEAR IT FOR OUR MEMBERS!

A Satisfied Prosthodontist:

Dr Shiyana Eliyas - Immediate Past President

A proud mum, as her daughter publishes a book and is President of BSSPD, all in one year! Fawziya, who is a retired Prosthodontist, arrived in England when she won a Scholarship to complete a PhD with Professor Robin Heath, on measuring masticatory efficiency, at The Royal London Dental Hospital, in 1988.



Note from the Editor: Dr Eliyas' recently published textbook, **'The Periodontic-Endodontic Interface'** is available [here](#): "This book equips dental care providers with a thorough understanding of the Periodontic-Endodontic Interface. It discusses embryonic development of the tooth, oral health and pathology, as well as the diagnosis and management of periodontal disease and endodontic disease, occurring both separately and together. Evidence-based information is given on Periodontal and Endodontic pathogens, lesions and infections with various forms of manifestation. The clear and easy-to-read text is complemented by numerous high-quality photographs and tables that assist understanding and helps with the identification of management solutions. The book is valuable resource for all dental practitioners with an interest in endodontics, periodontics, restorative dentistry, and for higher-level students."

An Applaudable Achievement:

Dr Shiyana Eliyas - Immediate Past President

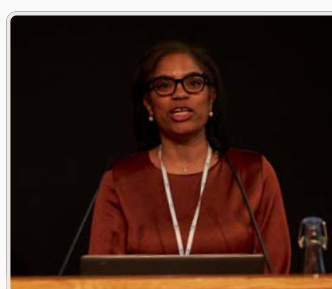
A phenomenal time for the profession with four female presidents under the same roof: the current International Team for Implantology President, Dr Charlotte Stilwell, Past President and current Chair of the British Society of Gerodontology, Mrs Mili Doshi MBE, current President of the British Society for Restorative Dentistry, Mrs Deborah Bomfim, and of course our own first Asian female president of BSSPD, Dr Shiyana Eliyas.



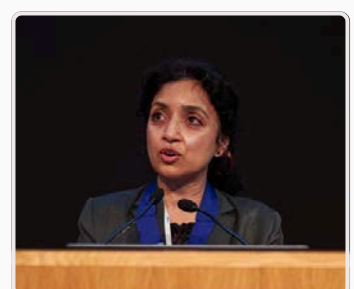
Dr Charlotte Stilwell



Mrs Mili Doshi MBE



Mrs Deborah Bomfim



Dr Shiyana Eliyas

LET'S HEAR IT FOR OUR MEMBERS!

New Publications:

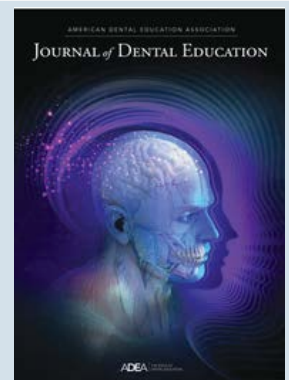
Dr. Mihaela Pantea DDS/PhD, Senior Lecturer/Department of Prosthodontics, Bucharest, Romania

Dear Colleagues,

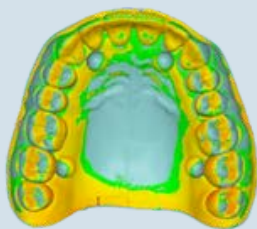
It is a real honour and pleasure to present three recent scientific papers published by our Romanian research team in prestigious journals:

"Benefits and Challenges of the Integration of Haptics-Enhanced Virtual Reality Training within Dental Curricula" (2024)

Haptic systems in university dental education have evolved significantly over the last decade, representing a promising resource for opportunities based on virtual simulation, supporting conventional practice. Our consortium-paper summarized the current relevant literature on haptic applications in learning, practice, and teaching in university dental education. The study demonstrated that haptic simulation can harmoniously complement the practical training of dental students; it also offers educators more flexibility in how they train their students and contributes to the modernization and efficiency of the current educational system.



Felszeghy, S. et al. Benefits and challenges of the integration of haptics-enhanced virtual reality training within dental curricula. J Dent Educ. 2024, 1-14. <https://doi.org/10.1002/jdd.13800>



"Comparative Analysis of Four Different Intraoral Scanners: An In Vitro Study" (2024)

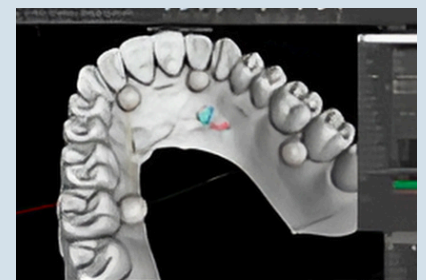
This study aimed to quantitatively assess the precision of full dental arch digital impressions obtained from four different intraoral scanners: Trios 5—3Shape, Copenhagen, Denmark, CEREC Primescan— Dentsply Sirona, New York, NY, USA, Planmeca Emerald S—Planmeca Oy, Helsinki, Finland, and Medit i700—Medit Corp, Seoul, Republic of Korea.

Ciocan, L.T.; Vasilescu, V.G.; Răuță, S.-A.; Pantea, M.*; Pițuru, S.-M.; Imre, M. Comparative Analysis of Four Different Intraoral Scanners: An In Vitro Study. Diagnostics 2024, 14, 1453. *Corresponding author: Mihaela Pantea; <https://doi.org/10.3390/diagnostics14131453>.

"The Evaluation of the Trueness of Dental Mastercasts Obtained through Different 3D Printing Technologies" (2024)

This research focused on evaluating the trueness of five contemporary dental 3D printers: Anycubic Mono X 6Ks (Hongkong Anycubic Technology Co., Hongkong, China), Asiga Max (Asiga, Sydney, Australia), Creo C5 (Planmeca Oy, Helsinki, Finland), Form 3B (Formlabs, Boston, MA, USA), and J5 Dentajet (Stratasys Ltd., Eden Prairie, MN, USA).

The results indicated variations in trueness among the 3D printers assessed, however, all five analysed 3D printers are suitable for clinical applications; these printers can be utilized for the fabrication of high-precision mastercasts in prosthodontics.



Ciocan, L.T.; Vasilescu, V.G.; Pantea, M.*; Pițuru, S.M.; Imre, M.; Ripszky Totan, A.; Froimovici, F.O. The Evaluation of the Trueness of Dental Mastercasts Obtained through Different 3D Printing Technologies. Journal of Functional Biomaterials. 2024, 15(8):210;*Corresponding Author: Mihaela Pantea. <https://doi.org/10.3390/jfb15080210>.

Navigating Postgraduate Training: My Student Experience at Cardiff University

Ms Aisha Ashukri, MCLinDent Resident Y3 (Pros)

After completing dental school and starting to work as a general dentist, I started to realise that offering high-quality dental care required more knowledge, skills, and most importantly guidance, especially when dealing with complex cases. That's when I decided I needed to pursue further training. In the summer of 2021, I started researching postgraduate training programs in the UK.



As an international student, the process of applying from overseas seemed intimidating at first. However, when I looked into the requirements for postgraduate programs in the UK, I realised they were actually reasonable and I met most, if not all, of them. I chose to apply to Cardiff University, as it is one of the top 5 dental schools in the UK and they have a strong MCLinDent program that a colleague of mine recommended. I submitted my application and after processing my papers, they offered me an interview, which led to an offer for a placement shortly afterwards.

What is the MCLinDent training course?

Master of Clinical Dentistry (MCLinDent) training programs are available at most dental schools in the UK. These are comprehensive, three-year, full-time postgraduate programs that allow residents to focus on a specific dental specialty. The ratio of staff to residents is 4:1, meaning residents can receive focused training and education in their chosen field. In this article, I will share my experience as a third-year MCLinDent resident, with the goal of highlighting the importance of pursuing higher education.

Year 1: Laying the foundation

Since my specialty is prosthodontics, my first year of the MCLinDent program was a comprehensive one. I was taught evidence-based restorative dentistry, with three modules that focused on prosthodontics, periodontics, and endodontics. At first, I was a bit overwhelmed by the in-depth of modules, as they were not directly related to my chosen specialty. However, by the end of the first year, I realised how crucial it is to understand how these other restorative disciplines play a vital role in my work as a prosthodontist, which made me a better practitioner.

Additionally, throughout the first year, we had regular lab sessions where we learned how to fabricate diagnostic wax-ups, pour impressions, and articulate models for our patients. This hands-on experience has helped me better understand the laboratory aspects of prosthodontic work.

Year 2: Building Skills and Confidence

By the end of the first year, we began gaining clinical exposure by treating patients at the university hospital, with about five clinical sessions per week. We got to see patients who had been referred to secondary care, with cases ranging from simple to more challenging restorative cases. As a resident, after each clinical session, we would sit down with the supervising consultant to reflect on the cases, which helped with our clinical growth. Moreover, at this stage we started to apply the evidence-based knowledge we had gained and still gaining. At this point, our training became more intensive and focused solely on our chosen specialty of prosthodontics.

Year 3: Building on experience

At this stage of the program, I feel confident enough to tackle most complex restorative cases. I am able to identify my limitations when it would be better to seek further guidance. Additionally, the process of writing my thesis has commenced, and the regular one-on-one meetings with my program lead have been very helpful, making the thesis writing process less stressful and more enjoyable. Since this is a comprehensive training program, by the end of the third year, I will meet all the requirements to set the specialty exam offered by the Royal College of Surgeons.

Research:

Evidence-based dentistry plays a crucial role when training to become a specialist. In the MClintDent program, there is a dedicated module on research, where we learn how to critically appraise academic papers, navigate literature research, and, most importantly, how to carry out our own research project.

Networking and future direction:

While undertaking the MClintDent program, I have had numerous opportunities to attend both national and international conferences. Furthermore, we have been able to attend many courses related to our field of prosthodontics. For example, recently, my colleagues and I attended a talk on implant-retained overdentures, which was an amazing learning experience. Being able to attend such events has not only provided invaluable knowledge but also these events are a great chance for networking and developing professional connections.

In summary, I am incredibly grateful to have the opportunity to participate in this transformative program. Regardless of the various postgraduate course options available, I strongly encourage my fellow colleagues to seek out higher education. Programs like this will challenge you and advance your dental career.



Do you have an achievement you would like to share with the society?

For example: good news, research prizes and publications, professional achievements, awards, charity adventures, retirements - anything which you think the rest of the society membership would be interested in.

If you would like to be featured in our next issue, please email our newsletter editor
Dr Cat Black: catherine.black@nhs.net

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