

# DENTAL TRIBUNE

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## NDC, COLGATE MARK ORAL HEALTH WEEK WITH FREE CHECKUPS AT SCHOOLS

Niaz Dental College (NDC) and Colgate Pakistan recently joined hands to mark an Oral Health.

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## LCMD HOLDS WORKSHOP ON AI SEARCH TECHNIQUES

The Liaquat College of Medicine and Dentistry's College of Dentistry recently hosted an interactive workshop titled.

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## BDC WORKSHOP ON FLUORIDE VARNISH APPLICATION

Baqai Dental College's Department of Community Dentistry recently conducted a workshop to emphasize.

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## Oral health risks of vaping highlighted at Sydney moot

DT Pakistan Report

SYDNEY, AUSTRALIA: Eminent experts highlighted the connections between e-cigarettes (vaping), sexual assault and deteriorating oral health while also sharing the latest advancements in dental technologies during the four-day World Dental Congress held recently in Sydney, Australia.

The meeting was hosted by the FDI World Dental Federation and jointly organized with the Australian Dental Association (ADA).

The 2023 FDI World Dental Congress, welcomed over

10,000 participants from across Australia and around the world. It was the first in-person World Dental Congress in four years, showcasing the resilience and dedication of the global dental community.

The congress featured an extensive scientific programme comprising more than 220 sessions and over 175 hours of valuable continuing professional development content.

Dr Hugo Sachs, former ADA President and Chair of the Scientific Programme Division, highlighted the congress' aim to offer a comprehensive overview of the latest trends in dentistry,



Distinguished speakers captivate the audience at the 'World Dental Congress' held in Sydney, Australia recently.

encompassing cutting-edge innovations, particularly in digital dentistry, and crucial aspects of dental practice.

One of the standout

presentations was delivered by Melbourne dentist Dr Sharonne Zaks, addressing the vital topic of 'The link between sexual assault

*Continued on Page 11*

## FDI honours sustainability leaders at dental congress

DT Web Desk

SYDNEY, AUSTRALIA: The inaugural FDI Sustainability Awards were presented during a session on 'Sustainability in Dentistry' at the 2023 World Dental Congress held in Sydney, Australia.

The primary objective of these awards is to promote sustainability in dental practices, honouring the dental professionals for their contribution to reducing dentistry's ecological footprint.

The awards celebrate the professionals



Capturing the triumphant moment of the 'FDI Sustainability Awards' winners at the 'World Dental Congress' in Sydney.

who have effectively implemented environmentally conscious initiatives within

their dental establishments. This year's awards were given in two categories: Individual and Dental Practice, highlighting the exceptional commitment of the recipients to the sustainability of the dental profession.

In the Individual category, the award was given to Ignacia Vial from Chile, acknowledging her extraordinary dedication to advancing sustainability in dentistry and achievements, including a well-earned CHF 500 prize. "We extend our heartfelt congratulations to this sustainability

*Continued on Page 11*

# NDC, Colgate mark oral health week with free checkups at schools



Celebrating Oral Health Week with the dedicated team of dental healthcare providers at Niazi Dental Hospital! –Photo: DT Pakistan

**SARGODHA:** Niazi Dental College (NDC) and Colgate Pakistan recently joined hands to mark an Oral Health Week, featuring a range of activities, including a free dental camp at the Niazi Dental Hospital and checkups at local schools.

The inauguration ceremony of the Oral Health Week was attended by Prof. Dr Mian Farrukh Imran, Dean and Principal of NDC, while Dr AG Niazi, Chairman of the Board of Directors at Niazi Medical & Dental College, presided over the event as the chief guest.

Throughout the week, Niazi Dental Hospital provided free

dental checkups to patients, along with complimentary toothpaste distribution among the visitors, who were also offered substantial discounts on dental treatments.

Five teams consisting of NDC dentists and students paid visits to several schools in Sargodha region where they conducted free dental checkups for thousands of students on a daily basis, coupled with providing oral hygiene education. Valuable tips on proper brushing and flossing techniques were shared with the students, and Colgate toothpaste packs were distributed among them.

Moreover, the NDC and

Colgate organised various other activities to celebrate the Oral Health Week, including a public awareness campaign on oral health, which included distribution of pamphlets and posters containing oral hygiene tips and emphasising the significance of regular dental checkups.

A seminar dedicated to dentists and dental students was also organized by the duo on the latest advancements in oral healthcare.

The overarching mission of this campaign was to empower individuals to attain and maintain healthy smiles throughout their lives. –PR

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# IDA holds marathon workshops on dental restoration, layering

**KARACHI:** Irfans Dental Academy (IDA) successfully conducted two hands-on workshops on 'Biomimetic Posterior Restoration & Anterior Layering Technique'.

The workshops were facilitated by Dr Jazib Memon, Specialist Endodontics and Restorative Dentistry Faculty at LUMHS and Dr Marhaba Shaikh, Senior Clinician & Instructor at Naeem & Almas Dental Clinics, Hyderabad.

The nine-hour marathon workshops featuring a lecture, demonstration and hands-on sessions, were aimed at familiarising the participants with the concept of biomimetic restoration and anterior layering techniques.

The event was well received by a good number of participants from different dental institutes and private clinics of the city, who appreciated the command of Dr Jazib and Dr Marhaba on the topic.

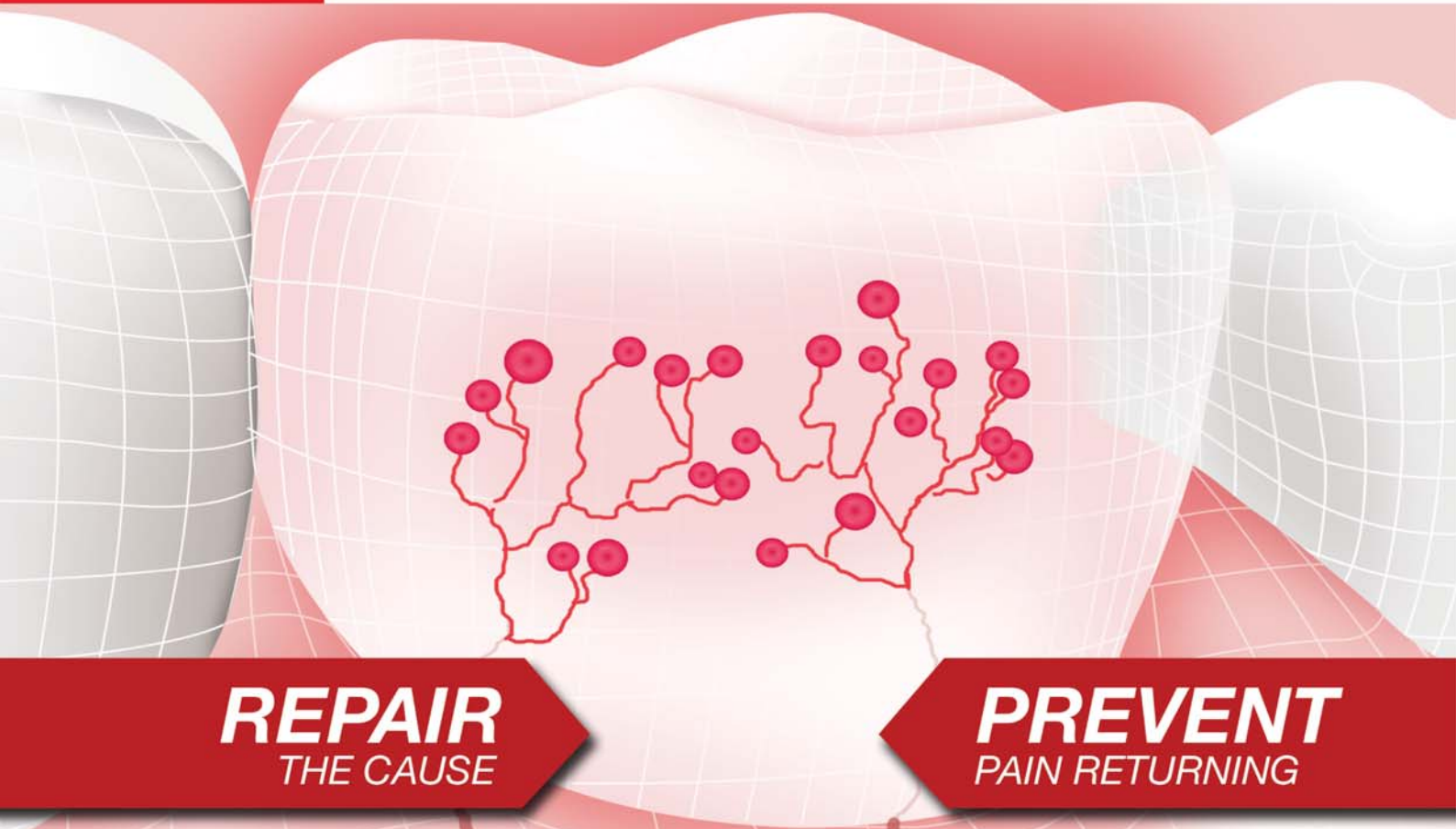
The workshops focused on the areas including selective caries removal strategy and concept of peripheral seal zone and caries removal end points, tooth structural assessment and management, etching and bonding latest protocols, biobase formation, decoupling with time and hybrid layer, role of CHX and Glycerine, deep marginal elevation, wedge test, Class II restorations and sectional matrix system, centripetal technique

snow plough concept, different wedging techniques and use of PTFE tape, double matrix technique, modification of your matrix system, 3 paper technique to check occlusion, only preparation, anterior layering technique, use of Soflex discs for finishing.

In the end, certificates were distributed among the participants and appreciation shields presented to Dr Jazib and Dr Marhaba by Dr Umer Bin Irfan, CEO of IDA and Dr Adil Bin Irfan, Managing Director.

The IDA management expressed its gratitude to workshops' sponsor Feroz Dental Supply and Mr Nasir Feroze, for making the event successful. –PR





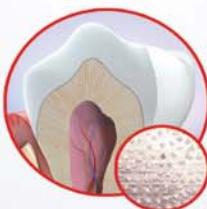
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Relieves the pain of sensitive teeth†	✓	✓
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†With continued use. Also helps soothe. For instant relief, apply directly to the sensitive tooth and gently massage for 1 minute.  
\*With continued use. Also helps soothe. For instant relief, apply directly to the sensitive tooth and gently massage for 1 minute.  
†Reference: 1. J. P. F. et al., J. Clin. Dent. 2012; 20(1): 1-5. 2. J. P. F. et al., J. Clin. Dent. 2012; 20(1): 1-5. 3. J. P. F. et al., J. Clin. Dent. 2012; 20(1): 1-5. 4. J. P. F. et al., J. Clin. Dent. 2012; 20(1): 1-5. 5. J. P. F. et al., J. Clin. Dent. 2012; 20(1): 1-5.

# LCMD workshop on use of AI tools in CPSP synopsis writing



## DT Pakistan Report

KARACHI: In an effort to keep pace with the evolving digital landscape, Liaquat College of Medicine and Dentistry (LCMD), in collaboration with the Department of Health Professions Education (DHPE) and the Postgraduate Medical Education Committee, recently organised a workshop on "Synopsis Writing for CPSP with AI Tools" medical and dental residents.

The event organising committee was led by Dr Sabaa Shahid, in charge of DHPE, and Moiz Majid, DHPE officer.

The workshop featured interactive sessions led by distinguished experts, including Prof. Tahera Ayub, Co-Chair of the Postgraduate Medical Education Committee, CPSP supervisor in the Department of Maxillofacial Surgery, and MHPE Scholar. Dr Shirjeel Hussain, Assistant Professor



Prof. Dr. Tahera Ayub and Dr. Shirjeel Hussain leading an engaging interactive session on 'Synopsis Writing for CPSP with AI Tools'. —Photos: DT Pakistan

and CPSP supervisor in the Department of Internal Medicine, who is also an MHPE Scholar, played a vital role in providing comprehensive guidance on CPSP synopsis writing and conducted practical exercises that incorporated the use of cutting-edge AI tools.

At the workshop's conclusion, the 35

participating residents not only received an introduction to CPSP synopsis writing but also gained hands-on experience in utilising AI-based tools in this context.

The event culminated with participants producing initial drafts of their synopses, adhering to CPSP protocols. As a follow-up task, attendees were encouraged to refine and submit their synopses for further evaluation.

Special acknowledgement is extended to Dr Sadaf Talha, Assistant Professor in the Orthodontics Department, and Dr Umair, Senior Registrar in General Medicine, for their additional support and facilitation during the workshop. The workshop received resounding praise from participants, who expressed a keen interest in future workshops of a similar nature. LCMD reiterated its commitment to fostering innovation and equipping its residents with the essential skills needed for success in the digital age.

## AMDC hosts dental moot, AI workshop

### DT Pakistan Report

LAHORE: Akhtar Saeed Medical and Dental College (AMDC) organised a dental conference, accompanied by a post-conference workshop on "AI & Digital Workflow in Orthodontics & Aligners," providing attendees with hands-on experience.

The primary goal of the event was to enlighten the audience about the latest advancements in dental technology, procedures, and techniques, offering a unique learning opportunity to both experienced dentists and dental students.

The event commenced with recitation of the Holy Quran, followed by a welcome note from Dr Sabir Hussain, Principal of the Dental Section at AMDC. The conference's inaugural session featured the presentation of the First In-House Award, presented by Prof. Dr Iffat Batool and Dr Ali Raza.

The event was attended by Prof. Dr Adnan Ali Shah, a renowned oral and maxillofacial surgeon from Canada, and faculty members from various Lahore-based institutions, such as Prof. Nadia Yazdanie, Prof. Abid Asher, Prof. Hina Zaffar, Prof. Nasir Saleem, Dr Waqar Ali, Prof. Col Dr Iffat Batool, and Associate Professor Dr Ali Raza Jafri. These

eminent experts shared valuable insights during their presentations.

They also encouraged young dentists to embrace dental advancements as a pathway to a brighter and more innovative dental practice. Overall, the event inspired the attendees to gain new knowledge and to apply it in their professional lives.

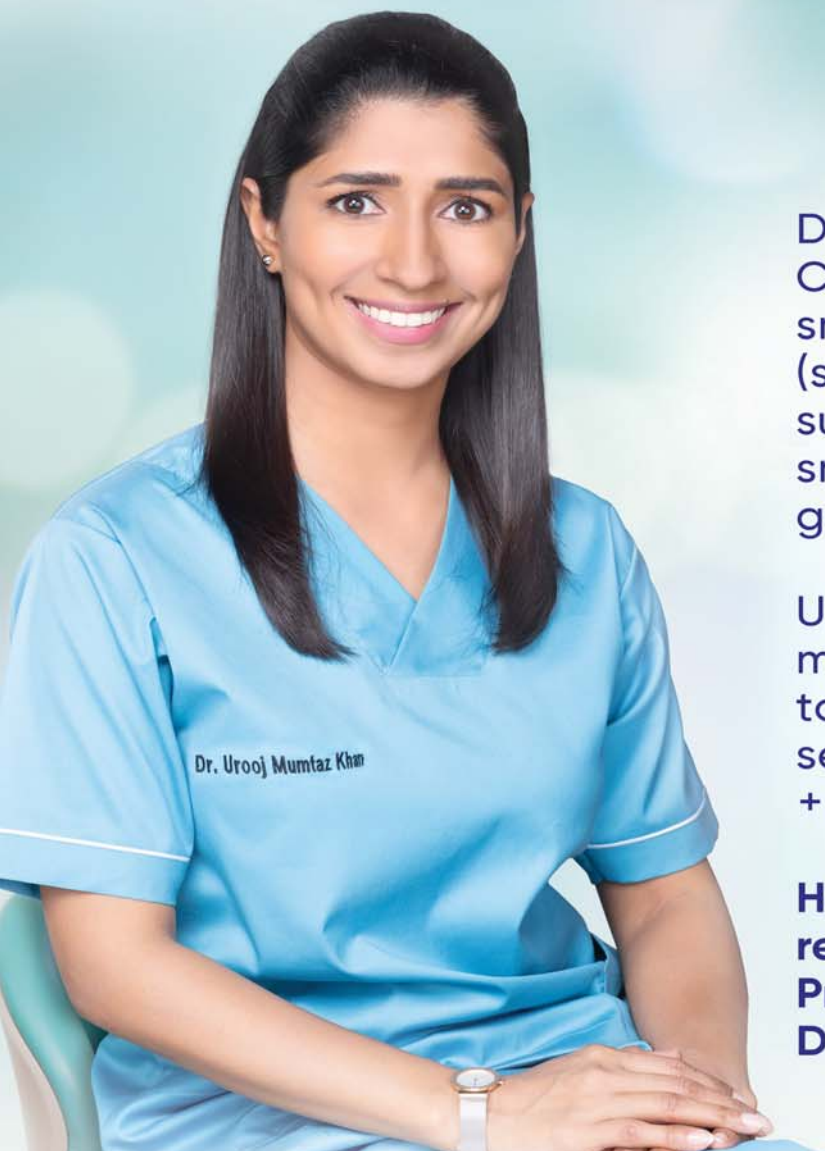
The conference concluded with the address by Chairman Dr Farooq, followed by the closing remarks from Prof. Col Dr Iffat Batool, the Dean and Head of the Orthodontics Department. A delightful lunch provided a perfect ending to the event.



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# LCMD holds workshop on AI search techniques

DT Pakistan Report

KARACHI: The Liaquat College of Medicine and Dentistry's College of Dentistry recently hosted an interactive workshop titled 'How To Search Literature — Human Intelligence vs. Artificial Intelligence.' This enlightening session was led by Professor Dr. Tahera Ayub, Advisor of the Department of Health Professions Education (DHPE) and Chairperson of the Postgraduate Committee, in collaboration with Dr. Shirjeel Hussain, Deputy Director of LCMD, and Dr. Sabaa Shahid, Head of DHPE.



Captured moments with workshop participants and esteemed speakers: Professor Dr. Tahera Ayub, Dr. Shirjeel Hussain, and Naheed Najmi, Vice Principal and Head of the Department of Operative Dentistry at Liaquat College of Medicine & Dentistry. —Photo: DT Pakistan

During the workshop, participants were guided through the process of formulating research queries, the identification of PICO elements, the selection of keywords, and

the utilization of specialized search techniques, including nesting, truncation, and phrase searching. Moreover, attendees were introduced to the use of controlled vocabulary and Mesh terms to enhance their literature search skills.

The second phase of the workshop focused on the application of Chat GPT in medical education wherein participants were exposed to its utility in crafting multiple-choice questions (MCQs), rephrasing content, and creating scenarios.

The speaker shared insights into the prevailing trends,

associated challenges, and the promising future prospects of Chat GPT. This exercise encouraged the participants to explore and embrace the transformative potential of this technology.

The workshop was held in a collaborative learning atmosphere, featuring group activities, brainstorming sessions, and hands-on engagement.

It concluded on a positive note, with participants lauding the organizers' efforts and pledging to actively contribute to reshaping the research culture within the institution.



Professor Dr. Tahera Ayub delivering an insightful lecture on AI search techniques during an engaging workshop. —Photo: DT Pakistan

# FJDC workshop highlights mental health issues of young adults

KARACHI: Fatima Jinnah Dental College recently held an insightful mental health workshop at its Clinical Campus for the current batch of house officers.

Ms Arisha Ayaz, Senior Project Associate and Associate Clinical Psychologist, led the workshop titled 'Navigating stress & nurturing resilience'.

It highlighted that over 23 million Pakistanis (10% of the country's population) suffer from some form of mental health condition.

Common mental disorders are most prevalent among young adults, particularly those grappling with depressive and anxiety disorders, followed by bipolar disorder, schizophrenia, psychosomatic disorders, obsessive-compulsive disorder, and post-traumatic stress disorder. Health workers, on the other hand, often contend with stress, burnout, depression, anxiety, substance use disorders, and even suicidal tendencies.

The workshop shed light on the importance of mental health education as a means to enhance coping mechanisms, foster autonomy, and boost self-esteem.

At the commencement of the workshop, participants were asked to assess their current mood on a scale from 1 to 10. This was followed by a series of physical activities, including vigorous hand and foot movements, as well as deep breathing exercises engaging multiple senses.

An engaging stress-relief exercise followed. House officers were tasked with listing their sources of stress on paper, which was then placed inside balloons. These balloons were inflated and popped, creating a visually dynamic scene as the torn paper floated around like confetti. This lighthearted activity elicited laughter and a relaxed atmosphere among the participants.

The session continued with an insightful

discussion on the topic of "Burnout," accompanied by strategies to reduce stress in our daily lives. The participants were then asked to express their emotions through drawings on canvas, allowing them to tap into their inner creativity.

Subsequently, an exercise called the "Obstacle Course" was conducted. In this activity, five house officers were asked to close their eyes and navigate through a floor filled with obstacles, aiming to avoid any physical contact. Guided by an observer, this exercise symbolised the presence of individuals who offer guidance through life's challenges.

Finally, participants wrote down positive affirmations about the person next to them, attaching these kind words to their wrists as a special keepsake from the workshop.

The workshop garnered positive feedback from attendees, who felt emotionally lighter by its conclusion. —PR



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AND HAVE STRONGER TEETH

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1. Akwagiyam et al, 2015. 2. Kakar et al, 2014 3. GSK data on file (GCCSS-GH-001 - parodontax complete protection toothpaste). 4. Akwagiyam et al, 2013. 5. Jose et al, 2018. 6. Attin T and Hornecker E, 2005. 7. Williams et al, 1992.

#### ALWAYS FOLLOW THE LABEL PRIOR TO USE

\*removal of plaque, after a professional clean and twice daily brushing. Brush twice a day and not more than 3 times, minimize swallowing and spit out. If irritation occurs, discontinue use. Not suitable for children under 12 years. Keep out of reach of children.



## ‘Residents as Educators’ workshops at LCMD

KARACHI: Liaquat College of Medicine & Dentistry (LCMD) recently conducted a series of workshops centered on the theme ‘Residents as Educators,’ under the guidance of Prof. Navid Rashid Quersh, Principal of the College of Dentistry.

The organising team comprised Prof. Tahera Ayub, Co-Chair of the Postgraduate Medical Education Committee, and Dr Sabaa Shahid, Head of the Medical Education Department. The coordination of administrative, technical, and managerial aspects was overseen by Moiz Majid, an officer from Department of Health Professions Education.



Workshops on ‘Residents as Educators,’ in progress. –Photo: DT Pakistan

Led by distinguished plastic surgeon Prof. Ashraf Ganatra, this series aimed to equip resident doctors with essential skills in medical education, enabling them to become proficient educators upon completing their postgraduate training.

The initial sessions in the series included an insightful discussion on the importance of clinical teaching by Prof. Ashraf Ganatra, followed by role-playing exercises on clinical teaching models led by Prof. Tahera Ayub and Dr Shirjeel Hussain. Prof. Naheed Najmi also demonstrated effective feedback techniques. On the second day of the series, the workshops focused on critical topics such as lesson planning, led by Dr Muhammad Azfar, small group teaching facilitated by Dr Sabaa Shahid, and debriefing conducted by Prof. Khalid Maidah.

Following the workshops, the resident doctors were assigned post-workshop tasks to implement their newly acquired knowledge and present comprehensive reports on their teaching experiences.

The dedication and expertise of the facilitators were lauded by the participants. –PR

## 22,000 students screened under RIHS, Colgate week-long oral health initiative



Prof. Rubina Mumtaz, Programme Director of RIHS, joins faculty members and students during their visit to various schools as part of a free dental check-up initiative under the theme ‘Keep Smiling Pakistan.’ –Photo: DT Pakistan

ISLAMABAD: Partnering with Colgate, the Rawal Institute of Health Sciences (RIHS) conducted a week-long free dental check-up activity that comprised a camp at the Rawal Dental Hospital and College campus, and visits to different schools across Islamabad.

This initiative aimed to raise dental awareness among school children, under this year’s campaign theme “Keep Smiling Pakistan.”

The RIHS Community

Dentistry Department played a pivotal role in supporting and actively participating in this annual campaign.

Prof. Rubina Mumtaz, the Programme Director of RIHS School Screening initiative, consistently encourages and involves herself in such campaigns, showcasing her personal dedication to these important activities.

Under the programme RIHS teams, including 47 students and faculty members like Dr Adeela Awan

and Dr Aatir, visited different schools in Islamabad and provided dental screenings for 22,000 students. As a token of appreciation, gift hampers were distributed to the students who participated in the check-up, while certificates were awarded to all those involved. A lunch was also hosted to celebrate the successful outreach programme, underscoring the importance of community dental health. –PR

## Lecture on TMJ biomechanics at BUHSC

KARACHI: Dr Syed Jaffar Abbas Zaidi Assistant Professor at Dow University of Health Sciences, Department of Oral Biology and Tooth Morphology, discussed ‘Biomechanics of TMJ and the characteristics of an ideal occlusion’ at a session held for the faculty and students of Bahria University Health Sciences Campus (BUHSC) recently.

He was invited as guest speaker at the session by the BUHSC Department of Oral Biology, under the guidance of Dr Beenish Alam. At the session, Dr Jaffar held a comprehensive discussion on the topic and explored the intricate details of temporomandibular joint’s anatomy, highlighting its distinctive features and masticatory mechanics.

He also elucidated the concept of occlusion and underscored the pivotal role of the TMJ. His presentation style and in-depth knowledge greatly benefited the audience.

After the lecture, Dr Jaffar held an engaging Quiz for the students, and addressed their queries, besides conducting a TMJ examination.

Prof. Shama Asghar, Principal of Bahria University Dental College, and other esteemed senior faculty members appreciated the informative and productive session.

In recognition of his valuable contribution, Dr Jaffar was presented with a token of appreciation for his visit to BUHS. –PR



# AIDM launches groundbreaking CHPE course



A productive session with the AIDM and JSMU academic teams, deep in discussion about the six-month Certificate of Health Professions Education (CHPE). —Photo: DT Pakistan

KARACHI: The Altamsh Institute of Dental Medicine (AIDM) has launched its groundbreaking Certificate of Health Professions Education (CHPE) course that has Jinnah Sindh Medical University affiliation.

Led by AIDM Department of Medical Education Head Dr Shaur Sarfaraz, and guided by Dr Maria Ghani, the Course Coordinator, the six-month CHPE course has commenced with the inaugural batch of talented scholars from diverse backgrounds from across Pakistan and Saudi Arabia, showing the global impact of institute's educational programmes.

AIDM is the only dental college in Karachi to offer this transformative programme, providing an exceptional platform for comprehensive health education, enabling the dental practitioners to excel

on an international scale. Divided into comprehensive modules, the CHPE course has over 20 participants seamlessly advancing into the second phase of the programme.

The initiative not only underscores the relevance of the CHPE curriculum, but also reflects the commitment of both AIDM and its students towards professional health education.

The CHPE course not only imparts advanced teaching methodologies to the participants, but also fosters a community of educators who are poised to redefine the standards of health education globally.

The collaboration between AIDM and Jinnah Sindh Medical University stands as a testament to the potential of educational institutions to drive innovation and excellence in the medical field. —PR

## Workshop on workplace-based assessment toola

TAXILA: The HITEC-IMS Dental College Department of Dental Education recently organised a day-long workshop on the workplace-based assessment tool "Direct Observation of Procedural Skills (DOPS)" for its students and postgraduates.

On the occasion, college Principal Prof. Irfan Shah interacted with the workshop participants. All heads of clinical departments of the college were present, along with senior faculty members. During the workshop, Dr Faizan Munir Khan and Dr Zerlis Nawaz covered major themes, including introduction to workplace-based assessments, salient features and



A Group Photo of Workshop Participants with Prof. Dr. Irfan Shah, Principal of HITEC-IMS Dental College. — Photo: DT Pakistan

recommendations for effective conduction of DOPS, along with the critically important 'Art of Providing Specific & Actionable Feedback' to the students and postgraduates.

The event also featured interactive group discussions, along with conduction of role play by the participants. Moreover, different active learning and engagement activities were also carried out, including 'Poll Everywhere', 'Voting on Padlet' and 'Quiz on Kahoot'.

The participants lauded the workshop as an effort to drive innovation in workplace-based assessments and promote a culture of providing quality feedback to both the students and trainees. —PR

# BDC workshop on fluoride varnish application

DT Pakistan Report

KARACHI: Baqai Dental College's Department of Community Dentistry recently conducted a workshop to emphasize the significance of fluoride varnish application, a dental procedure commonly administered by professional dentists and hygienists to prevent dental decay.

The workshop was led by Prof. Asghar Ali Shigri, who engaged second-year BDS students in an informative session about the importance of fluoride varnish, guidelines for its application,



Participants engaged in a hands-on fluoride varnish application workshop, perfecting their dental care skills. —Photo: DT Pakistan

Continued on Page 11