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PDA SPEARHEADS SUCCESSFUL SALES TAX NEGOTIATIONS

The Sindh Revenue Board has responded positively to the meetings held with the Pakistan Dental Association (PDA).

Page 02

PM NOMINATES DR NOSHAD SHEIKH

The Prime Minister has appointed Dr Noshad Sheik as President of the Pakistan Medical and Dental Council.

Page 02

PLANMECA LAUNCHES HEYSMILE CLEAR ALIGNER SYSTEM

Finnish dental company Planmeca has announced its move into invisible orthodontics with the launch of HeySmile.

Page 11

PMC elucidates matters in recent council meeting

DT Pakistan Report

Photo: DT Pakistan

ISLAMABAD: The Pakistan Medical Commission council meeting was held at PMC office on 28 September . The council discussed several matters related to different issues.

The meeting was attended by the following members presided by the President PMC Dr Noushad Ahmad Shaikh, Dr Khurshid Ahmad Nasim (V.P), Lt.General Nigar Johar, Dr Muhammad Fakhr-e-Alam, Mr Jawad Amin Khan, Barrister Ch. Sultan Mansoor, M. Shabbir Kasbati, Professor Dr Naqibullah Achakzai, Professor Dr Muhammad Zubair Khan.

Upcoming MDCAT exam The schedule of the upcoming MDCAT test was decided by council members unanimously. In lieu of the decision, the MDCAT exam will be held on 13 or 20 November 2022. The exam will be conducted by PMC through the provincial public university in all the provinces, ICT on one day at the same time.

The centers for the MDCAT examination for Pakistani students will be established in the major universities in Pakistan including,

- Bolan University of Medical & Health Sciences (Baluchistan)
- University of Health Sciences Lahore (Punjab)
- Khyber Medical University Peshawar (KPK)
- Dow University of Health sciences Karachi (Sindh)
- Shaheed Zulfiqar Ali Bhutto Medical University Islamabad (ICT, AJK, Gilgit Baltistan).

The passing percentage for the MBBS and BDS students has also been revised declining further to 55% and 45% for MBBS and BDS candidates respectively.

The decision was taken in response to the huge financial loss Pakistan had to face since almost 20,000 students enrolled in foreign universities as of last year.

MDCAT exam

According to the reports the MDCAT Exam will be conducted by PMC through NUMS separately. The students who intend to get admission to NUMS-affiliated colleges will only be allowed to sit in the exam.

The MDCAT exam is planned to be conducted manually i.e paper-based. Meanwhile, the answer sheets will be uploaded to the exam-holding universities and the PMC website on the same day.

The registration date for the MDCAT exam has been extended for a further ten days. The students can also use the PMC portal for registration purposes.

MDCAT for foreign students

According to PMC the MDCAT exam for foreign students will be conducted in Saudi Arabia and UAE. Since the maximum number of students who travel to Pakistan for studies reside in these countries. A major time difference as well as the lack of adequate student numbers made it impossible to establish centres in other countries.

PMC will further update the details of these centres on its website. The foreign students who intend to appear in MDCAT can travel to Pakistan, Saudi Arabia or UAE for the exam.

NLE decision

The Council deliberated on the NLE examination and unanimously decided to hold the NLE step 1 exam in the last week of October 2022 and NLE step 2

Continued on Page 4

PDA spearheads successful sales tax negotiations with SRB for the services rendered by dental practitioners

DT Pakistan Report

KARACHI: The Sindh Revenue Board has responded positively to the meetings held with Pakistan Dental Association (PDA) on behalf of the entire dental fraternity in Sindh.

During their previous meeting, it was discussed that dentists shall be liable to charge and collect Sindh sales tax on the procedures of teeth whitening, teeth polishing, dental veneering, smile design procedures and any other such cosmetic or aesthetic procedures taken to enhance physical beauty or appearance. Earlier, SRB had imposed sales tax on Teeth Whitening, Veneers, Invisalign, Placement of Diamonds or Dental Jewellery, Gold Teeth, Smile Enhancement Procedures/ Hollywood Smile and any other Cosmetic/ Aesthetic Treatment falling under grade 1 'No Need' according to IOTN Index.

After a round of meetings SRB agreed that these procedures are to be on a self-assessment basis by the individual dental practitioners/ surgeons.

PDA had also proposed the submission of Bi-annual tax returns instead of a monthly submission as the latter would be difficult to track and account for, on a monthly basis. On this particular matter, SRB states that it is not possible as it does not fall under the Sindh Sales Tax on Services Act 2011, however, the request for quarterly return filing and sales tax payments is under consideration and the proposal shall be forwarded to the Government of Sindh, after approval from SRB's senior management.

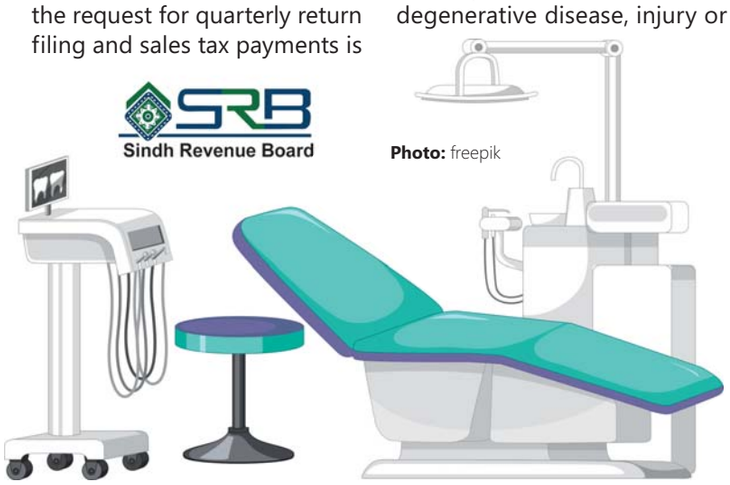

Photo: freepik

Furthermore, bleaching of teeth and dental veneers for smile designing are to be considered cosmetic treatments, chargeable to SST at 13%.

Regarding imperative oral surgeries, SRB has agreed, that as per their notification no. SRB-3-4/7/2013 dated 18 June, 2013, the procedures undertaken to restore or reconstruct anatomy or functions of body affected due to congenital defects, developmental abnormalities, degenerative disease, injury or trauma of individual persons, including acid or burn victims, are exempt from Sindh sales tax.

PDA shall act as a facilitator in terms of enhancing sales tax compliance within the profession and ensure that maximum number of dental practitioners/ surgeons, providing the aforesaid services, obtain registration with SRB.

PM nominates Dr Noshad Sheikh as President of the PMDC

DT Pakistan Report

KARACHI: Health Minister, Mr Abdul Qadir Patel announced during a press conference on 7 September, declaring the selection of Prof Dr Noshad A. Sheikh, as President of the PMDC.

Prof Dr Noshad A. Sheikh is a renowned surgeon. He has previously served as secretary of health, Sindh and is also the Vice Chancellor of Liaquat University of Medical & Health Sciences, Jamshoro.

The Prime Minister has appointed Dr Sheikh as President of the Pakistan Medical and Dental Council. The press conference also revealed that the MDCAT exams 2022, shall be delayed due to the severe consequences of floods in interior Sindh and Balochistan.

Furthermore, Mr Patel, also stated that the admission criteria for MBBS students has now been set to 55%, while BDS students now require a 45%, to secure seat.

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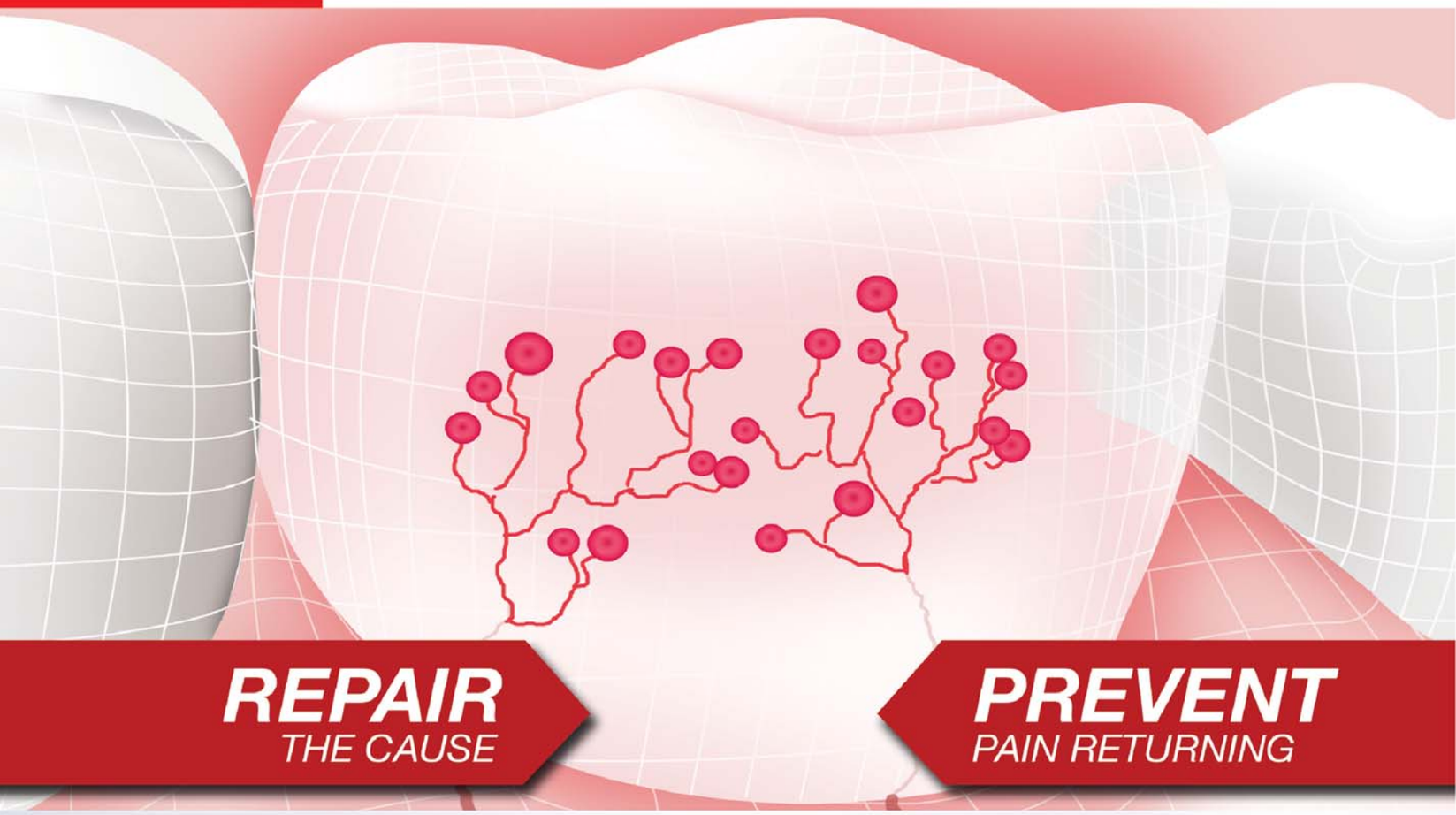

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TREATING SENSITIVE TEETH: A SIDE BY SIDE COMPARISON

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† vs. toothpastes with 5% potassium nitrate. For instant relief, apply directly to the sensitive tooth and gently massage for 1 minute.

Reference: 1. Li Y et al. J Clin Dent. 2011; 22(Spec Iss):1-10. 2. Nathoo S et al. J Clin Dent. 2009; 20(Spec Iss):23-31. 3. Ayad F et al. J Clin Dent. 2009; 20(Spec Iss): 10-18. 4. Ayad F et al. J Clin Dent. 2009;20(Spec Iss):115-122. 5. Nathoo S et al. J Clin Dent. 2009;20(Spec Iss):123-130. 6. Lavender et al. Am J Dent. 2010; 23:5a-9a;44a-49a.

PADS Annual congress 2022 comes to an outstanding close

DT Pakistan Report

KARACHI: The PADS Annual Congress 2022 was a three-day engaging and highly educational dental event that took place at the Jinnah Sindh Medical University from 30 September to 2 October.

The three-day event kick-started with an opening ceremony at the Jinnah Sindh Medical University Campus followed by captivating lecturers on "Shared Decision Making" and "Essential Leadership Skills for a Successful Dental Practice".

The latter was a riveting lecture on developing a strong Emotional Quotient (EQ), improving soft skills, and maintaining a meaningful interaction with patients at a dental practice. This lecture, delivered by the much loved Dr Syed M Faizan focused on the aspects of being a dental practitioner that are not spoken of as often as they should.

Photos: DT Pakistan

Students were given a chance to learn teamwork, compromise, and compassion as dentists and owners of a dental practice.

The event was then followed by the Dental Olympics, which garnered the spirit of healthy competition, and the opportunity to showcase talent. Winners were awarded with vouchers and cash prizes to encourage the students to go the extra mile in professional education and skills development, outside of the dental curriculum.

The third day started with the Dental Startup Competition which was an excellent activity organised by the Pakistan Association of Dental Students. Graduates, as well as undergraduate students, participated in the competition by pitching their idea of a successful business startup in the dental field.

The audience remained transfixed by the presentations as students pitched ideas like "Dental VR" and a "Smiles Bike" to the judges. The core objective, being the improvement in pathological diagnosis, and making dental health accessible in the rural areas of Pakistan, the activity was an accurate depiction of the passion and determination of the students, to achieve optimum quality dental health.

After the competition, Dr Noor ul Wahab conducted his lecture on the "Challenges in Dental Implant Surgery" which showed fascinating and complicated patient cases. These included patients that suffered the after-effects of road traffic accidents, bomb blasts etc.

A lecture on "How to start a Clinical Research" was also conducted by Dr Nabeel Baig, who provided adequate knowledge during his well-articulated lecture. The lecture allowed and encouraged students to immerse themselves in the field of clinical research as an opportunity to excel in their dental careers.

After a lunch/namaaz break a Panel Discussion took place which discussed "Developing the New Generation of Dentist; Coexistence in workplace and the Future of Dentistry". This intriguing topic focused on the future and the outlook of the upcoming generation's dental professionals. The discussion was one of inclusion and openness and allowed for existing and future dentists to come together for a mutually beneficial outcome for the dental fraternity.

The event came to an apt close with a Gala Dinner on behalf of the Pakistan Association of Dental Students for the participants, students, and renowned dentists that were all an integral part of constructing one of this year's most remarkable dental events.

PMC elucidates matters ...

Continued from front page

exam in the last week of November for foreign graduates.

The council also decided that the NLE examination for local Students shall be conducted through their degree awarding Universities under the umbrella of PMC.

The passing percentage for the NLE 1 & NLE 2 has been reduced from 70% to 50% but it will not be used as retrospective. The council decided that the basic postgraduate degrees of the doctors shall be registered with the PMC. Meanwhile, foreign medical dental postgraduate qualifications shall be scrutinized and registered with PMC after due examination.

PMC president Professor Dr Noushad A. Shaikh apprised the council regarding the WFME accreditation progress. He prised that PMC has been accepted as eligible for WFME accreditation. According to him, a task force committee has been constituted to look after the WFME's further development of accreditation.

The council appraised the efforts made by the task force and advised that necessary steps shall be taken within a few months to secure the future of students and doctors. The council also decided that the inspections of medical dental colleges will be carried out by the PMC in due time.

Registration of working license

The council has decided to extend the renewal of the working license for doctors from 2 years to 5 years. Previously, both dentists and doctors have to get their licenses renewed every two years.

Meanwhile, PMC has also provided relief to doctors who are 60 years and above with a waiver of 50% on the registration fee. The council will be updating the list of registered /approved medical and dental colleges on the PMC website soon. Furthermore, PMC has decided to establish regional offices in Karachi, Muzaffarabad and Gilgit at its earliest to facilitate the general public and doctors.

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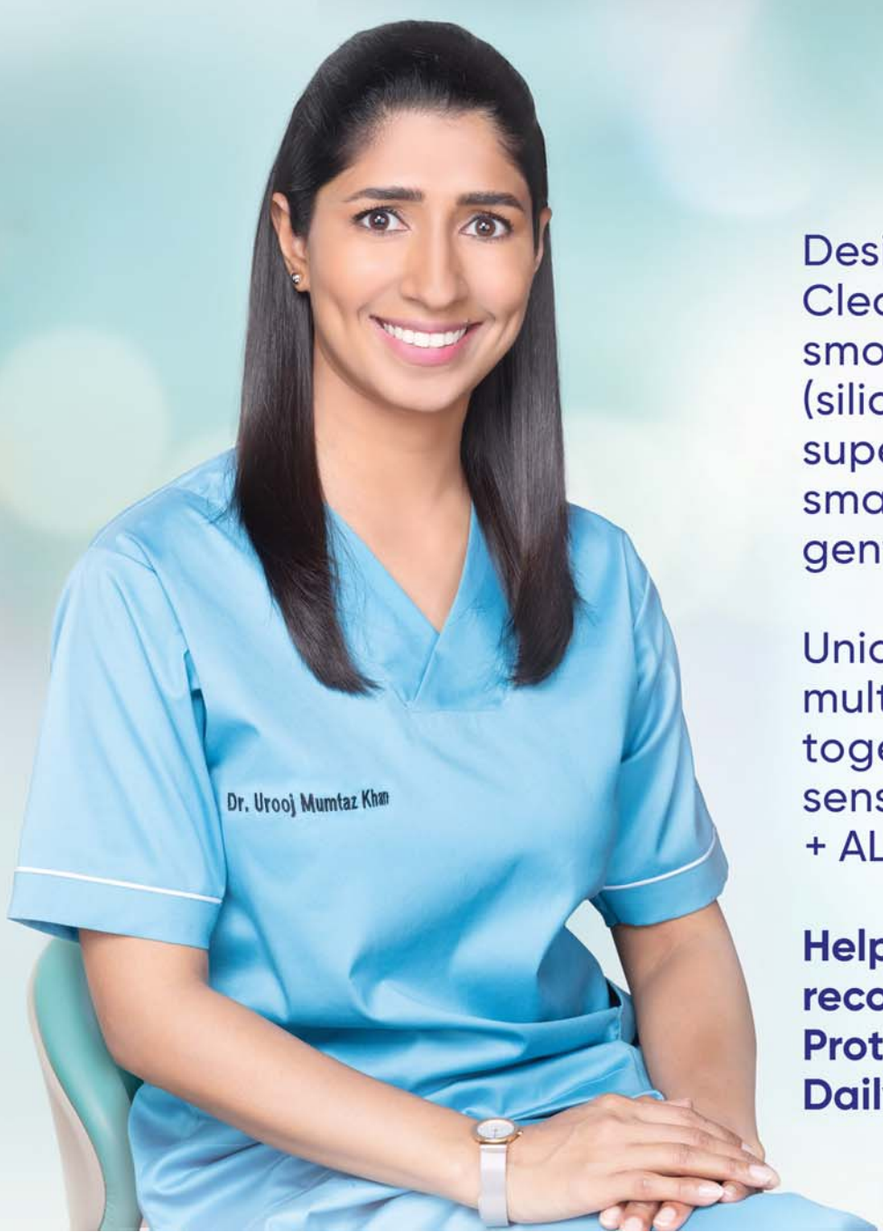

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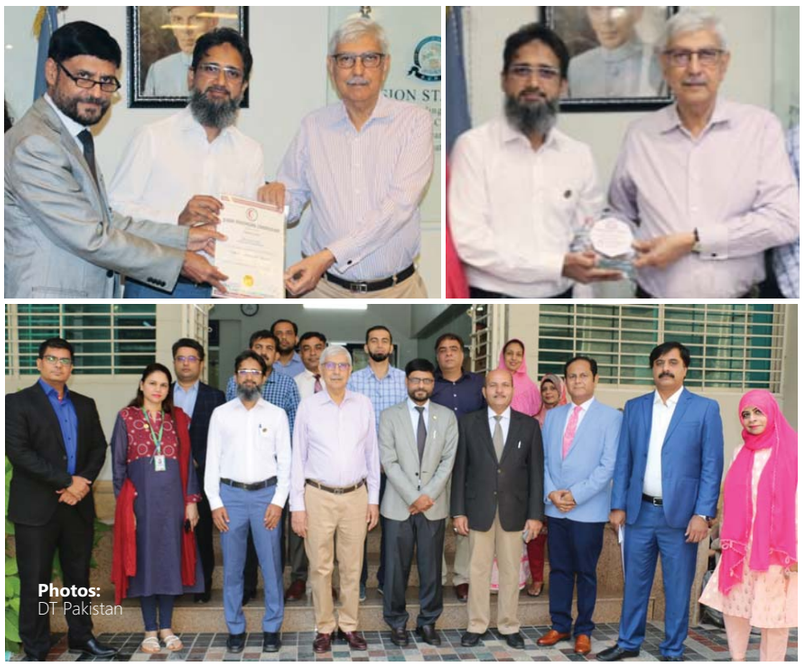
Dow becomes first public sector health facility in Sindh to achieve a milestone

KARACHI: Dow Dental College was awarded the prestigious Sindh Healthcare Commission regular license at a ceremony hosted at the Vice Chancellor Secretariat at Dow University of Health Sciences on Thursday, 29 September, 2022.

The regular license was awarded in recognition of Dow Dental College compliance with stringent quality standards & following a thorough inspection process set by the Sindh Healthcare Commission. It is the first public sector health facility in Sindh that was awarded a regular license.



Photos: DT Pakistan

Speaking at the ceremony, Sindh Healthcare Commission CEO Dr Ahson Qavi Siddiqi shared that the license is based on several service quality standards and a rigorous inspection process of different service standards. He further added that "quality is an ongoing process, which entails exceeding the patient expectations by constantly raising the bar, and improving upon existing operations".

Speaking with the audience at the ceremony, Vice Chancellor Dow University of Health Sciences Prof Mohammed Saeed Quraishi shared, "we have always prioritized patient safety and quality in all our practices". The license signifies Dow Dental College's commitment to constantly enhancing and improving the quality and standard of care provided to the people of Sindh and Pakistan.

Dr Arshad Hassan added that Dow Dental College is a fully functional Dental Hospital equipped with the most modern equipment and instruments, e.g., CBCT, Operating Microscopes, Dental Lasers, and Digital radiography are available for quality dental care. The college has recently got recognition for FCPS in OMFS and Operative Dentistry while recognition for more departments and PhD program is in pipeline. The college continues to improve its clinical services via procurement of advanced equipment and faculty development projects to achieve the mission of the University and offer excellence in dental care.

Dr Arshad Hassan further shared, "I am proud of my entire Dow Dental College team members for demonstrating compliance via evidence during audits and maintaining the standards of care round the clock". It was an honor to welcome the Sindh Healthcare Commission's CEO and accreditation team. I am especially grateful to Vice Chancellor Dow University of Health Sciences Prof Mohammed Saeed Quraishi for honoring us with his presence.

The award ceremony was attended by the Head of Departments and senior faculty of Dow Dental College. ***-PR***

'Stress Management and Positivity' workshop at Hamdard Dental College

Photo: DT Pakistan

KARACHI: 'Stress Management and Positivity in Life' workshop session was conducted at Hamdard Dental College by Professor Dr Abrar. The workshop was basically conducted to create a positive attitude amongst the participants and to provide relief from the stressful lifestyle.

The workshop was attended by the faculty members of Hamdard Dental College.

The interactive workshop was very much appreciated by all the faculty members.

Dr Imran, Principal Hamdard Dental College appreciated Professor Dr Abrar for his efforts in inculcating positivity in the students of Hamdard Dental College. ***-PR***

Clinico-Pathological Conference held in Akhtar Saeed Medical and Dental College, Lahore

LAHORE: Akhtar Saeed Medical and Dental College organise clinico-pathological conferences (case presentation session) every Friday by House officers as part of their clinical rotation under the supervision of concerned senior faculty members.

Photos: DT Pakistan

House officers decided their topic of case presentation and after approval from the supervising teacher, presented in front of the principal, Vice principal, dean, all faculty members, and their colleagues.

House Officer's presented cases from clinical departments like oral and maxillofacial surgery, prosthodontics, periodontology, operative, and orthodontics with a key aspects like history, clinical examination, diagnosis, and treatment plan appropriate for their cases.

The key purpose of these CPC's was to enhance HO's communication, and research skills, patient experience, and correlative subject knowledge with treatment planning.

The certificate was awarded to each CPC participant.

- **Dr Fazila Zahid:** Generalized aggressive periodontitis. Each of the main treatment modalities was discussed along with clinical cases as examples. These cases are being treated at Akhtar Saeed Dental Clinics under the supervision of Dr Ahmad Ch in the department of Periodontology.
- **Dr Hania Irfan Haider:** Tooth and implant Supported Overdenture. She presented few of the cases she herself had done under the supervision of Dr Irfan Head of Department, Prosthodontics.
- **Dr Mehroz Ahmad Khan:** Zygomatic and mandibular fractures in RTA. He discussed no. cases in Pakistan reported related to RTA. Treatment options in kids and adults
- **Dr Romessa Anis:** Odontogenic infections in which She discussed buccal space infection & Ludwig's angina. Principles of management & protocols for antibiotic administration. ***-PR***

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

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New recommendations from FDI on the cracked tooth syndrome

Dr Amna Bilal

SWITZERLAND: The FDI has issued new guidelines for Cracked Tooth Syndrome, which is both a temporary and progressive condition. The condition of CTS can be difficult to detect, require adequate treatment, and failing to do so could lead to eventual tooth loss.

In dental surgery, cracked teeth are frequently observed. A crack's severity can range from minor enamel chips to severe fractures that lead to tooth loss. Most fractures are referred to as "complete" fractures when a cusp entirely separates from a tooth. However, the minority are referred to as "incomplete" fractures when the fractured piece of the tooth is still connected to the remainder of the tooth by a bridge of healthy tissue. Patients may suffer unpleasant symptoms known as Cracked tooth syndrome when these incomplete fractures are present.

Causes of Cracked tooth syndrome

Teeth fracture for a variety of reasons, which can be further broken down into:

Anatomical risk factors: Characteristics of your teeth's structure or anatomy that increase their susceptibility to fracture.

External risk factors: Because we typically consume a combination of cold and hot meals, sometimes in the same meal, temperature change causes the enamel to expand and contract in the teeth. These variances help one or more cracks to form and spread by combining them with the numerous low-frequency loads brought on by chewing.

Contrarily, risk factors for cracked tooth syndrome (CTS) include prior cavity preparation, restorative material compaction or bonding techniques, cervical tooth surface loss, tooth morphology, function, parafunction, and trauma, all of which can cause a crack to start or spread. Cracked teeth can result from teeth grinding or clenching, which can be brought on by psychological stress, like that brought on by the COVID-19 epidemic.

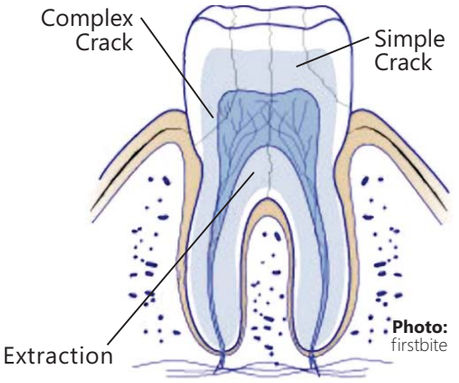

Photo: firstbite

Diagnosis & Prevention

The history of the discomfort is all that is needed to make the diagnosis of a cracked tooth. What time did you first feel it? What causes the discomfort? What causes it to halt? During the examination, the dentist will ask you a number of questions. The problem with these incomplete cracks is that they frequently don't show up as obviously on X-rays or in clinical examinations. Therefore, the patient must provide the dentist with a comprehensive description of the symptoms for the dentist to provide the most accurate diagnosis possible.

To find the source of your pain, your dentist may tap on some of your teeth or have you bite down on a particular tool. Transillumination, or simply shining a bright beam of light through a subject and analysing the pattern of light transmission to diagnose, is one method for identifying a cracked tooth. Light does not pass over and illuminate the side of the tooth beyond a cracked tooth because it is scattered when it strikes the crack.

The best restorative prognosis has frequently been linked to the significance of early diagnosis. This indicates that the sooner you visit the dentist after experiencing symptoms, the greater the likelihood you will require more conservative treatments.

Not every tooth fracture is avoidable. But with proper dental habits, you can lower your chance of fractured tooth syndrome. Do not chew ice or hard objects. Maintain optimum oral and gum health. If you engage in physical activity or grind your teeth at night, use a mouth guard made by your dentist. Visit the dentist frequently.

Treatment

A cracked tooth will suffer less permanent harm if it is addressed quickly. This is because it may be possible to determine the size of the crack before it expands and damages tooth tissues or perhaps even reaches the nerve.

Root canal therapy and a crown might be used to treat the tooth if the crackline has spread to the pulp. However, restoring if the break extends below the gum line may be more challenging. If a cracked tooth is not fixed, it will gradually worsen and cause tooth loss. A cracked tooth will frequently develop into a split tooth over time. However, whether any part of the tooth can be preserved will depend on where the break is and how big it is.

Cracks that begin at the tooth's root and progress to the occlusal surface are vertical root fractures. They frequently exhibit few symptoms and indicators, making them susceptible to going undiscovered for a while. Localized gingivae that are inflamed or infected may indicate a vertical root fracture, periodontal pockets, or related bone loss. Some fissures may continue to develop and separate after therapy, leading to tooth loss.

Although placing a crown on a broken tooth offers the greatest protection, it is not always successful. Treating a cracked tooth is crucial because doing so will make it less painful and less likely for the crack to worsen. Most cracked teeth continue to function and offer years of easy chewing after treatment. The patient should be told about the tooth's uncertain prognosis.

Frenectomy and Tissue Grafting taught in new Advanced Surgery workshop at Dental Cafe

KARACHI: An Advanced Oral Surgery workshop was conducted at the Dental Cafe by Irfans (DCBI) on 11 September 2022. Workshop facilitator and speaker was Dr Arafat Bashir, who is currently working as an Assistant Professor in Oral & Maxillofacial Surgery Department, at JSMU.

Purpose of the workshop was to familiarise participants with the Advance Oral Surgery proceduresand techniques. Dr Arafat shed light on advanced topics of oral surgery like Labial & Lingual frenectomies, Palatal Connective Tissue Graft, Buccal Advancement and Palatal Rotational Flaps and Hollywood Checks.

The workshop was attended by handsome number of participants from several dental colleges in the city who appreciated Dr Arafat's knowledge and dedication towards teaching. Hands on exercise was carried out on goat's heads by the participants.

Photo: DT Pakistan

Workshop concluded with certificate distribution among the participants by Dr Arafat, Dr Umer Bin Irfan (CEO Dental Cafe by Irfans) and Dr Adil Bin Irfan (MD Dental Cafe by Irfans).

The dental practice plan to conduct more of such workshops in the future. Their upcoming workshop, set to take place in October, shall be on the "Fundamentals of Implantology" with world-renowned speaker and Implantologist Dr Irfan

Renowned academicians from private and public dental colleges urge MDCAT criteria to be made at par

DT Pakistan Report

KARACHI: Currently, Pakistan has 72 private and 42 public sector medical colleges as well as 42 private and 17 public sector dental colleges. Majority of the private dental colleges are owned or governed by medical professionals as CEO or Directors.

Therefore, the professional, academic and service priorities, being different, remain neglected and unaddressed.

The appeal relates to a recent decision taken by the Federal Health Minister and the new PMDC President whereby MDCAT pass percentage for admission to the dental programme for 2022 has been lowered to 45%. The dental professionals, thus, share their concerns about the unsuitable admission criteria along with a few other important academic matters.

The appeal is a consideration to improve education standards. The appeal requests that quality, be given preference over quantity, and commercial interests be given a backseat. That dentistry is a manually dexterous oral health care profession and should not be treated as a second grade health care profession.

It also states the existing 4-year BDS programme needs to be upgraded to a new 5-year DDS programme in line with the global trends. Mandatory 7 new dental specialties need to be taught as teaching and examination subjects. The current 4-year BDS programme can continue at dental colleges that are not interested in upgrading themselves.

There is also an imperative need to set up a separate Pakistan Dental Council, consisting only of dental academics. Such a council must have a status equivalent to PMDC/ PMC to address our dental professional academic and licensing policy and other matters. This PDC should consist of representation from all provinces and serve as an independent national regulatory body.

According to reports, our current 4-year BDS graduates are facing recognition issues in Saudi Arabia and other countries regarding job opportunities. This appeal denotes that the remedy lies in upgrading the programme to a 5-year DDS programme.

The fraternity expects a positive response from the relevant authorities in resolving the aforementioned matters and concerns.

Hands-on session on histology slide preparation organised by department of oral biology

KARACHI: On 29 September, 2022, Department of Oral Biology and Tooth Morphology of BUDC organised a "Hands-on session on Histology Slide Preparation" for 1st year BDS students in collaboration with Department of Oral Pathology.

The session was facilitated by Prof Dr Daud Mirza, Head of Department and Dr Afsheen Maqsood Associate Professor, Department of Oral Pathology.

Prof Daud Mirza, introduced the step required for histological slide preparation. The session was very interactive and he captivated the audience by using simple terms about the procedure of Histological Slide preparation.

Second part of the session was conducted by Dr Afsheen Maqsood. She introduced different types of microscopes and different staining techniques. Pictorial presentation helped students in grasping the knowledge. The lecture was proceeded by hands-on session where students were briefed and demonstrated regarding the different steps of slides preparation. The students were shown different apparatus, chemicals and stains.

They were fascinated and thoroughly enjoyed the activity. The students expressed their excitement in witnessing the process of histological slides preparation for the first time and were amazed at the efforts exerted by the team.

The facilitators of the events were presented with certificates of appreciation by Prof Dr Wahab Buksh Kadri, Principal BUDC. He acknowledged the efforts of the department and facilitators and emphasized that such healthy sessions should be executed regularly to enhance students' interest in studies. ***-PR***

Oral Cancer campaign video competition by Ziauddin College of Dentistry

KARACHI: On 5 October, 2022, the Department of Oral Medicine and Diagnosis under the supervision of Dr Afifa Razi Head of Department with team, along with the BDS student council conducted an Oral Cancer Awareness Video Competition: "Better than too late". In this competition, students of third year along with house officers created short videos to raise awareness regarding oral cancer.

As part of this campaign, the students also visited Shireen Jinnah colony and ZU Kemari hospital where they took histories and performed examinations on participants. Not only were the participants counselled regarding the harmful effects of carcinoma-causing agents but also advised against the use of such agents.

To target the masses and the society the videos were shot and edited by the students who competed for a cash prize of 10,000 PKR, while runner-ups were eligible to receive 5000 PKR. The panel of judges, which included Dr Nabeel Baig (Consultant Epidemiologist CPSP), Prof Imran Alam, (Postgraduate Coordinator ZCD) and Prof Nuzhat Hassan (Principal ZMC), based their decision based on the quality of the content, relevance, creativity, and impact of the videos.

Through this first digital-based competition, an immense amount of talent was brought forward and students were able to amplify the impact of the awareness they were trying to achieve. Towards the end of the competition, winners were announced and awarded a cash prize. While the remaining participants were distributed certificates of participation and Shields of Honour were awarded to the judges. ***-PR***