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wisdom

CARDIFF SCHOOL OF DENTISTRY
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**Global Care: Cardiff Students
Provide Care in Ghana**

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Editor Martin Haynes

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Find out more about the School at:

www.cardiff.ac.uk/dentl

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Welcome



When compiling the material for this issue of Wisdom, I was overwhelmed by not only the large amount of activity that has occurred within the School of Dentistry during the past year, but also the diversity of the educational and research achievements, both at undergraduate and postgraduate level. The information presented within this edition ranges throughout the professional journey, from the "newcomer" students applying for courses at the start of their career in the School to the "old timers" who are now being recognised for either 25 years of service or individual personal academic achievements.

Whilst the majority of articles describe events based in Cardiff, the School is now truly a global player in higher education, with students coming to Wales from many other countries and the establishment of research links at other dental academic units throughout the world. The cover story, which describes our undergraduate dental students' recent work in Ghana, is a further example of our international presence and to me is one of the most inspiring projects that has occurred in the 20 years that I have been in the School.

In regards to education, it is essential that we offer a high quality educational experience to the most appropriate individuals and Cardiff is leading the way in UK with regards to its selection processes for dental students by the replacement of the traditional interview with the Multiple Mini Interview (MMI) process. I am keen to involve as many individuals in the process as possible, so if you are interested in taking part please contact me.

Not only do we want to attract the most appropriate students but we also wish to provide the best facilities and educational environment. It is always a pleasure to "show off" the School and at the time of the recent 40-year reunion, I provided a tour of the building and all of the past students were extremely impressed with the teaching environment and how it had progressed since "their days". On the subject of past alumni, we plan to celebrate the 50-year Golden Jubilee of the School in 2014. My aim, with the assistance of the Alumni Association, would be to attract at least five students from every graduating year since 1964, so that would be 250 to start with!

Communication is everything! As such, the School is taking full advantage of contemporary technology. The website at www.cardiff.ac.uk/dentl has been completely redesigned and now also includes a number of videos illustrating the life of a dental student in each academic year. You can also now follow the School on Twitter @CardiffDental.

I hope that readers will find the articles included in this edition of Wisdom interesting and view them as strong evidence that the School of Dentistry in Cardiff is a high achieving, vibrant and exciting centre for dental education and research. For those of you who have gained either your primary or postgraduate qualifications in Cardiff, please remember it is your academic home and therefore as my mother always says, "Keep in touch with the family!"

Professor Michael AO Lewis
Dean

“I was overwhelmed by not only the large amount of activity that has occurred within the School of Dentistry during the past year, but also the diversity of the educational and research achievements, both at undergraduate and postgraduate level.”



Professor Michael Lewis,
Dean of the School

Croeso



Wrth gasglu'r deunydd ynghyd ar gyfer y rhifyn hwn o Wisdom, cefais fy synnu'n fawr nid yn unig gan yr holl weithgarwch yn yr Ysgol Deintyddiaeth dros y flwyddyn ddiwethaf ond hefyd gan yr amrywiaeth o gyflawniadau o ran addysg ac ymchwil ar y lefelau israddedig ac ôl-raddedig. Mae'r wybodaeth yn y rhifyn hwn yn amrywio drwy gydol y daith broffesiynol – o'r myfyrwyr sy'n "newydd-ddyfodiad" ac yn gwneud cais i ddilyn cyrsiau ar ddechrau eu gyrfa yn yr Ysgol i'r "hynafgwyr" sydd bellach yn cael eu cydnabod am 25 mlynedd o wasanaeth neu am eu cyflawniadau academiaidd fel unigolion. Er bod y mwyafrif o'r erthyglau'n disgrifio digwyddiadau yng Nghaerdydd, mae'r Ysgol bellach yn chwarae rôl fyd-eang ym myd addysg uwch am fod myfyrwyr o lawer gwlad arall yn dod i Gymru ac oherwydd sefydlu cysylltiadau ymchwil ag unedau academiaidd deintyddol eraill ledled y byd. Mae'r stori ar y clawr, sy'n disgrifio gwaith gan ein myfyrwyr deintyddol israddedig yn Ghana yn ddiweddar yn enghraifft bellach o'n presenoldeb

rhyngwladol a dyma, i mi, un o'r prosiectau mwyaf ysgogol sydd wedi digwydd yn yr 20 mlynedd yr wyf wedi bod yn yr Ysgol.

O ran addysg, mae'n hanfodol i ni gynnig profiad addysgol o safon i'r unigolion mwyaf priodol ac mae Caerdydd yn arwain y ffordd ym Mhrydain drwy gael gwared ar y cyfweiliad traddodiadol a chynnal proses Aml-Gyfweiliad Bach i ddewis myfyrwyr deintyddol. Gan fy mod i'n awyddus i gynnwys cynifer o unigolion â phosibl yn y broses honno, cysylltwch â mi os hoffech chi gymryd rhan ynndi.

Nid yn unig y ceisiwn ni ddenu'r myfyrwyr mwyaf priodol ond hoffem hefyd ddarparu'r cyfleusterau a'r amgylchedd addysgol gorau. Mae hi bob amser yn bleser arddangos gogoniannau'r Ysgol, ac adeg yr aduniad 40-mlynedd yn ddiweddar fe arweiniais daith o amgylch yr adeilad. Gwnaeth yr amgylchedd addysgu, a'r ffordd yr oedd hwnnw wedi datblygu ers iddynt fod yma'n fyfyrwyr, argraff fawr iawn ar yr holl gynfyfyrwyr. Ac o sôn am y cynfyfyrwyr, bwriadwn ddathlu Jiwbilî Aur yr Ysgol yn 2014. Fy nod, gyda

chymorth Cymdeithas y Cynfyfyrwyr, fydd denu o leiaf bum myfyriwr o bob blwyddyn graddio oddi ar 1964, sef 250 i gychwyn!

“Mae cyfathrebu'n hollbwysig!” Dyna pam y mae'r Ysgol yn manteisio'n llawn ar y dechnoleg gyfoes. Mae'r wefan www.caerdydd.ac.uk/dentl wedi'i hailwampio'n llwyr ac erbyn hyn mae hi hefyd yn cynnwys amryw o fideos sy'n darlunio bywyd myfyriwr deintyddol ym mhob blwyddyn academiaidd unigol. Gallwch chi'n awr hefyd ddilyn yr Ysgol ar Twitter @CardiffDental.

Gobeithio y bydd yr erthyglau yn y rhifyn hwn o Wisdom o ddiddordeb i'r darllenwyr ac yn dystiolaeth gref fod yr Ysgol Deintyddiaeth yng Nghaerdydd yn ganolfan fywiog a chyffrous sy'n cyflawni llawer iawn ym myd addysg ac ymchwil ddeintyddol. Os cawsoch chi'n cymwysterau sylfaenol neu ôl-raddedig yng Nghaerdydd, cofiwch mai dyma'ch cartref academiaidd ac felly, fel y bydd fy mam bob amser yn dweud, “Cadwch mewn cysylltiad â'r teulu!”

Yr Athro Michael AO Lewis
Deon

Michael A.O. Lewis



Mrs Maria Morgan, Senior Lecturer in Dental Public Health



Gluttony: The Sour Side of the Sweet Trade

Toilet bowls. Blood bags. Barrels of toxic waste. Runny noses.

Welcome to the world of children's sweets – 2012-style.

A new generation of confectionary is making use of novelty packaging and children's love of the grotesque. When the School of Dentistry's Maria Morgan (pictured above), working with a team including Professor Lindsay Hunter, asked Cardiff schoolchildren about their attitudes to these sweets, what they found was alarming.

Maria, a Senior Lecturer in dental public health, said: "One of the most unexpected things we found was their concept of a "treat". In my day, a treat was something you had once a week. Now it seems to be once, even twice a day. This is something oral health and nutrition professionals need to be aware of when they advise parents that sweets should only be a treat."

The children, aged 9 and 10, also showed they were highly aware of where to get these novelty sweets, often in shops near their schools, and of the prices. However they were considerably less aware of health issues, only talking vaguely of "they make you sick" and "bad for teeth".

The researchers also found that teachers were often unaware that the sweets even existed. Many children said their parents set rules about sweets, but these were not taken seriously.

The garish packaging, bad taste imagery and sourness of some of the sweets were all attractive to children. So too, for some, was the idea that sweets are bad for you. One boy said: "They say, 'You should not have that because it's either too dear or it will rot your teeth!'. I'm like, 'I'm going to lose half of these anyway so like rock on!'"

Maria said: **"We were concerned for a number of reasons. These are not sweets for sharing and can lead to prolonged contact with the mouth. You need a break from all that sugar. Some of these sweets also have a high acidity, which can also lead to tooth erosion. It really is a double whammy for dental health."**

The team are now hoping to set up a postgraduate project into the issue. They hope to explore parental awareness of these sweets and also

whether shopkeepers would consider stocking alternatives. Maria said: "I don't think we can expect them to offer fruit as a like for like alternative for novelty sweets. However, perhaps they could look at treats which are less concerning."

The study fits in with wider work Maria has done on healthy eating in Cardiff. In 2006, she and Dr Ruth Fairchild of UWIC were asked by the health board to review all the food initiatives in the city.

The result was the Cardiff Food and Health Strategy. This has been adopted by the Cardiff Health Alliance's Food and Health Strategy Working Group, which Maria now advises.

Maria said: "We looked at everything going on in the city. We didn't just study traditional food and nutrition work, but also more holistic initiatives such as food co-operatives, growing schemes, inter-generational cooking projects.

"As a result the strategy covered many issues as well as nutrition. We looked at food quality and food safety – in an attempt to limit the number of poisoning outbreaks. Sustainability is a major action. We are working with the public sector to build sustainability into all their procurement, both in terms of using local produce and more sustainable packaging."

Tackling alcohol abuse and violence



This year, what has become widely known as the Cardiff Model for tackling violence and alcohol abuse has had an increasing impact on the way that excessive drinking is tackled nationally and internationally.

This strategic approach is based upon information sharing and joint action by police, councils and emergency departments to curb violence and alcohol misuse via the identification and targeting of violence hotspots, using information obtained from victims who end up in hospital. This model was developed after the School's Violence & Society Research Group, directed by Professor Jonathan Shepherd, found that a great deal of violence which puts people in hospital is not known to the police.

The implementation of the scheme in Cardiff has successfully reduced hospital admissions for violence by 42% when compared with 14 similar cities in England and Wales where this approach was not implemented. The scheme has been so successful that the Cardiff Model for Violence Prevention is now a Coalition Government Programme Commitment and is included in the new UK Alcohol Strategy.



The scheme has also had an impact in other countries. As part of the Netherlands' efforts to reduce violent behaviour, the Dutch Minister of Security and Justice sent a delegation to Cardiff to find out more about the scheme and invited Professor Shepherd to Amsterdam to advise on implementation there.

Hidde Toet from the Dutch Consumer Safety Institute who led the delegation (pictured above) said: "Our visit was a great success and in the coming months we hope to get all partners involved in our own pilot-project and start moving forward."

In clinical trials of alcohol abuse screening, Professor Shepherd's team have also discovered that when brief advice is given to trauma patients when they have their sutures removed, about a quarter of hazardous drinkers reduce their consumption as a result. This cost effective approach has been implemented in Cardiff and is now recommended by the Royal College of Surgeons for implementation in all trauma and surgical services. In a unique new University (knowledge transfer) partnership with the Welsh Government this approach is being rolled out throughout Wales.

Professor Shepherd's team are also refining the role of dentists in tackling alcohol misuse and the dental team's wider role in health promotion. Excessive drinking is known to increase the risk of cancers of the mouth and dental erosion from oesophageal reflux and dentists are often the first to notice these conditions while conducting routine check-ups. A straightforward change in the question about alcohol consumption in the medical history checklist used by the dental team could be the basis of effective advice for patients about their drinking.

Writing in The Royal College of Surgeons' Dental Journal, Professor Shepherd, Dr Simon Moore and PhD student Zairah Roked said that dentists' duty is not just to look out for specific signs of mouth problems linked to binge drinking but also to promote general health.



Professor
Jonathan
Shepherd

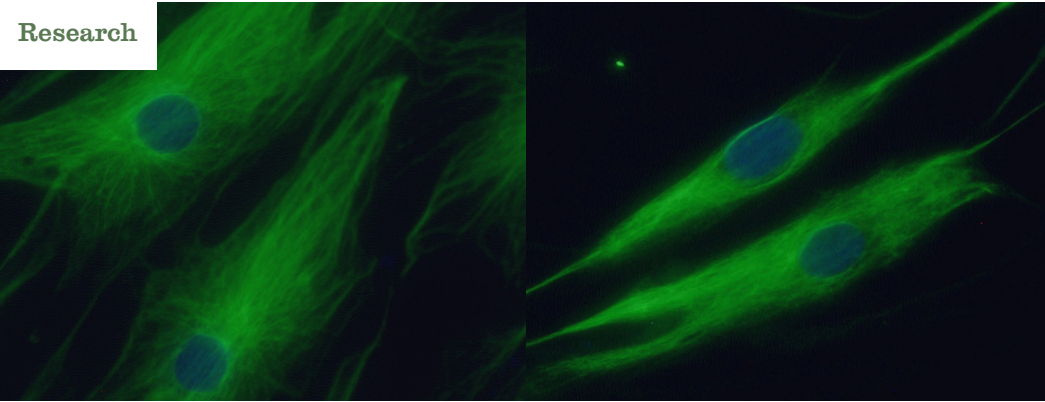
Professor Shepherd Elected to the Academy of Medical Sciences' Council

Professor Shepherd is well-known for his work on the health impacts of violence and for promoting a partnership approach between public services to reduce crime. The Academy of Medical Sciences is the independent body in the UK representing the whole spectrum of medical science, and the council is its governing body. Its mission is to ensure better healthcare through the rapid application of research to the practice of medicine.

Professor Shepherd has been a Fellow of the Academy since 2002 and was encouraged by colleagues to stand for the council. He will now serve a three year term on the body.

The Academy of Medical Sciences exists to encourage internationally excellent medical science and its translation into direct healthcare around the world. It also seeks to attract people to careers in medical science and to promote medical research with Government and the public.

Professor Shepherd said: "Becoming a Fellow of the Academy was a great honour and I'm now thrilled to be on the council. It's a chance to contribute to the leadership and work of the Academy in the medical sciences."



Key to immune system disease could lie inside the cheek

Powerful new cells created by Cardiff scientists from cheek lining tissue could offer the answer to disorders of the immune system.

While the body’s immune system protects against many diseases, it can also be harmful. Using white blood cells (lymphocytes), the system can attack insulin-producing cells, causing diabetes, or cause the body to reject transplanted organs.

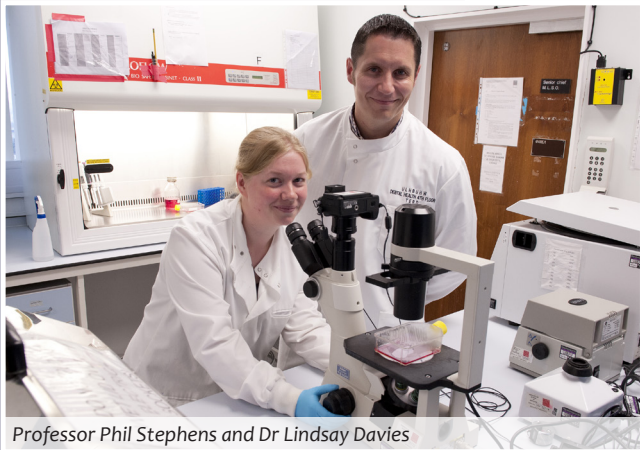
A team from the School of Dentistry led by Professor Phil Stephens, with colleagues from Stockholm’s Karolinska Institute, have found a new group of cells with a powerful ability to suppress the immune system’s action.

The team took oral lining cells from the insides of patients’ cheeks and cloned them. Laboratory tests showed that even small doses of the cells could completely inhibit the lymphocytes.

The breakthrough suggests that the cheek cells have wide-ranging potential for future therapies for immune system-related diseases. Existing immune system research has focussed on adult stem cells, particularly those derived from bone marrow. The cheek tissue cells are much stronger in their action.

Dr Lindsay Davies, a member of the Cardiff team, said: “At this stage, these are only laboratory results. We have yet to recreate the effect outside the laboratory and any treatments will be many years away. However, these cells are extremely powerful and offer promise for combating a number of diseases. They are also easy to collect – bone marrow stem cells require an invasive biopsy, whereas we just harvest a small biopsy from inside the mouth.”

The findings have just been published online in ‘Stem Cells and Development’. The team has now been funded by the Medical Research Council to investigate the cloned cells further.



Professor Phil Stephens and Dr Lindsay Davies

Advanced new training for Wales’ future dentists

Dental students in Wales can now benefit from some of the most modern training facilities in the UK.

Julie Morgan, Assembly Member for Cardiff North, opened the refurbished Dental Education Clinic at Cardiff University’s School of Dentistry in October 2011. The clinic enables 34 student dentists to treat patients in real-life situations.

Mrs Morgan also opened the School’s highly-advanced new laboratories, part of its on-going drive to build research capacity.

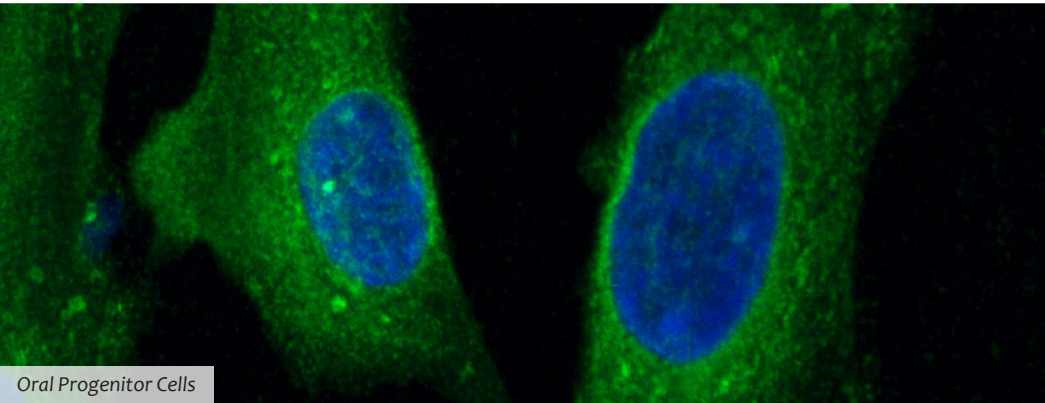
The Dental Education Clinic is a suite of 34 dental chairs, each furnished with the latest IT-enabled dental equipment allowing student dentists, dental hygienists and dental therapists to treat patients. There are ambidextrous units, where left-handed dentists can also train. The suite is also supported by two radiography units. The £1.5M project was funded by the Cardiff and Vale University Health Board.

The School has also created new laboratory facilities, funded by a £650,000

Professor Phil Stephens was recently awarded the Welsh Livery Guilds Merit award for his research in cell biology and tissue engineering. At a ceremony at Cardiff City Hall he accepted the award and tribute to the many colleagues he had worked with over the past 18 years without whom, the award would not have been possible.

Refurbishment of the Paediatric Waiting Room >

The Dental Hospital’s paediatric waiting room has been refurbished with a new child-friendly underwater theme. The waiting room was given an overhaul after an audit of parents of the patients about the suitability of the room identified areas for improvement.



grant from the Higher Education Funding Council for Wales. The development includes refurbishment and re-equipment of the Pathology Laboratory, now named after the late Russ Allison, a scientific officer in oral pathology at the School.

The School has also expanded its microbiology facilities by 50 per cent to accommodate a significant increase in research in this area. Space has also been converted to create new tissue culture rooms, a large general purpose laboratory and microscope rooms, including one laser scanning microscope.

Professor Mike Lewis, Dean of the Dental School and Division Director of Dental Services in the University Health Board, said: "These twin developments are major steps forward for the Dental School and Dental Hospital. The facilities in the Dental Education Clinic are now as good as any in the UK. Our students will be able to treat real patients in real situations with state of the art equipment.

"The new research equipment and laboratories will be matched by an equivalent expansion in our research teams, following the School's success in securing grants from Europe, charities, industry and the scientific funding councils. In particular, the new highly-advanced Pathology Laboratory will be a fitting tribute to Russ Allison, who was a much respected and valued colleague. We are extremely grateful to the Welsh Government for supporting both projects."



Julie Morgan AM in the newly refurbished Dental Education Clinic



After talking to consultants, patients, nurses and parents, the redecoration began with an underwater theme in mind. New and donated toys, books and decorations made by the Dental Illustration Unit completed the refurbishment. Shannu Bhatia, Specialist Registrar in Paediatric Dentistry and the coordinator of the refurbishment, successfully secured a donation from the British Society of Paediatric Dentistry Committee in order for the refurbishment to take place. Shannu

commented, "We have all worked as a team to rejuvenate the waiting area and it looks lovely now. I am proud of what we have achieved".

The refurbishment could not have taken place without the help of: **Helen Robertson, the British Society of Paediatric Dentistry, Tracy Butler, Mechelle Collard, the Dental Illustration Unit (in particular Ruth and Christie), the Paediatric Dentistry nursing staff**

(in particular Mandy, Tracy and Sharon), Cardiff University Estates division, and all other members of the Paediatric Dental team.

Cochrane Building: Open for Students



The University's new flagship health education centre offering students the latest teaching, library and state-of-the-art simulation facilities has been officially opened.

The Cochrane Building provides teaching and learning facilities for all healthcare schools based on the Heath Park Campus, which includes the School of Dentistry, and is named after the University's medical pioneer, Professor Archie Cochrane. The building was officially opened by Sir Iain Chalmers who established the Cochrane Collection – the largest collection of evidence based medicine in tribute to his pioneering work.

Officially opening the Cochrane Building, Sir Iain Chalmers said: *"This building is named after one of the world's true medical greats. Archie Cochrane challenged medical orthodoxy to produce evidence to support its practices. He changed fundamentally our approach to teaching and understanding medicine. If Archie was still with us today, he would be clear: it's not the bricks and mortar that matter most, it's the people*

who work and study within them. For Archie, the measure of this building's success would be how the teaching, learning and research it fosters will respect the need for evidence. It's a challenge that I feel sure coming generations of Cardiff students will accept. His contributions to medical research and teaching in Cardiff and South Wales, and to the mining valleys in particular, deserve to be recognised. This building finally offers Archie and his pioneering work the local recognition it deserves."

The dedicated facilities include an extensive inter-professional library, modern clinical skills and high-tech simulation centres, postgraduate teaching areas, seminar space, wireless access to on-line services and student support services.

University Vice-Chancellor 2001-2012, Dr David Grant said: *"Cardiff University is the main provider of medical and healthcare training in Wales, with more than 750 healthcare professionals graduating from the University every year. The Cochrane Building represents a major investment in*

providing excellent teaching facilities for the healthcare professionals of the future. We believe it is entirely fitting that this new building bears the name of Professor Cochrane. Professor Cochrane's contribution to medicine, the South Wales valleys and to this University is huge. We hope by naming this new building we will go some way to honour and recognise his name and help inspire the next generation of medical pioneers."

In addition to the state of the art teaching facilities offered in the Cochrane Building, there is a three storey library at its centre, with a variety of study places, from the social and informal, to the quiet and individual.

Ten group study rooms are available for discussions, and an innovative learning hub will allow presentations to be shared among a group. Medical, nursing and midwifery, and healthcare students, plus NHS clinicians, will share the new facility, with library facilities open for 24 hours per day, supported by both Library and IT staff.



God, Beyonce and Stephen Fry...

... just 3 of the guests invited to attend a dinner party by undergraduate dentistry applicants participating in the most recent round of Multi-Mini Interviews in Cardiff. Following on from last year's resoundingly successful introduction of the Multi-Mini Interviews into the undergraduate student recruitment process, this year saw the approach applied to both the undergraduate dental students and undergraduate therapists and hygienist programmes of study. A total of 236 dental undergraduate applicants and 64 undergraduate hygienists and therapist applicants were interviewed in 10 interview stations by 48 participating staff over a

period of 7 days. The stations this year included problem solving, innovation and creativity, manual dexterity, reasoning, logic and explanation, data interpretation, professionalism, self reflection and breaking bad news.

The process gives a fascinating insight into the personality, thought processes and communication skills of the applicants. Some of the stations brought surprisingly consistent answers – for example the doctor, the mechanic, the school girl, the nurse and the expectant mother were chosen by several applicants to be saved to enter the nuclear bomb shelter – whilst the responses to other stations were a little more diverse, not least guests that applicants would invite to a dinner party, which ranged from David Beckham to the Chancellor of the Exchequer.



Dr Robert McAndrew (right) mans one of the interview stations



Ken Irari

Strengthening Kenya's Dental Teaching

A tutor at a leading Kenyan dental school is undertaking postgraduate study at Cardiff to help strengthen teaching in his country.

Ken Irari has won a competitively-awarded Commonwealth Academic Fellowship to study for six months at the School of Dentistry. A Tutorial Fellow at Moi University School of Dentistry, he is undertaking training in a range of areas including endodontics, periodontology and operative dentistry.

Ken was nominated by his University for the Fellowship, awarded by the Commonwealth Scholarship Commission. He is hoping the placement will enhance both his teaching and his research skills.

He said: "My particular interest is in restorative dentistry and I am looking to improve my technical skills and knowledge in this area. When I go back to Kenya, I want to work on the teaching of restorative dentistry, which is not so strong there. I would like to complete a masters in the subject and in the long term, a PhD."

Ken is studying at Cardiff under the supervision of Professor Paul Dummer, who said: "We are delighted to have Ken with us – he has done extremely well to come through the Commonwealth Scholarship process. We hope that what he learns here will help his ambitions for research and for dental education in Kenya."

Ken is already benefiting greatly from his experience. He said: "I'm finding it a very enriching experience. As well as learning more about specific areas of dentistry, I'm also doing a unit on research methods. I'm hoping to apply these immediately when I go back to Kenya. Cardiff itself is a lovely city, quite safe, with an excellent atmosphere for study."

Both applicants and participants gained much out of the process which was showcased to visitors from a number of dental schools (Barts and the London, Birmingham, Bristol, Leeds, Liverpool, Queen Mary University of London and Sheffield). Again it has been viewed by the School as a great success and the results of evaluation and research into this area by the School's Admissions Tutor, Dr Robert McAndrew, are eagerly awaited.

Dr McAndrew said "Having been involved with undergraduate selection for many years it is my strong belief that not only do we get a much rounder perception of the applicant using Multi-Mini Interviews when compared to traditional interviews, I am confident that those offered places have been thoroughly evaluated regarding their suitability to dentistry and indeed the profession as a whole".





Global Aid > Cardiff Dental Students Provide Care in Ghana

In April 2012, 21 fourth-year Cardiff dental students and 5 qualified dentists, including 2 Cardiff University staff members, travelled to Ghana to offer vital dental education and treatment to residents of remote villages in the south of the country.

Equipment and materials required for the trip were generously donated by sponsors, with the remaining costs of the project self-funded by all of the participants following 4 months of intensive preparatory work and fundraising events.

Upon arrival at their base in Ghana, the students established a 6-day make-shift clinic and disinfection unit in the village of Ekumfi Egyankwa using the local church and school. The lack of clinical facilities provided significant challenges to the group, all of which had to be overcome. For example, lack of radiographs made extractions particularly difficult resulting in many surprises such as the extraction of a large cementoblastoma in one case, and without clean running water and electricity the group had to improvise with head torches and hand instruments. However, despite the limitations, over 490 consultations took place leading to approximately 350 much needed extractions and restorations. In addition, over 800 school children and adults received oral hygiene instruction and dental care packs comprising of toothbrushes, toothpaste, pens and stickers. The response for treatment far surpassed the initial expectations with bus-loads of patients coming from the surrounding communities. The whole week was rounded off by the Ghanaian community with a heart-felt closing ceremony including dancing, thank you speeches and a special prayer.

Chirali Patel, a 4th Year student who helped lead the trip, said, *"The trip was truly rewarding, and experiencing other cultures opened our eyes to unfortunate conditions in the outside world. It provided an insight into just how important oral healthcare is in improving quality of life and just how lucky we are with all the resources we have readily available to us. The villagers were very appreciative for the treatment and we were highly grateful for them letting us be part of their community."*

Dr Neil Sowden-Taylor, one of the staff supervisors on the trip, said, *"As a group we were very much stepping into the unknown with regards to what we could expect in Ghana and how as a group we would cope with the experience. From the moment of my first meeting with the Cardiff University dental students I was impressed with their enthusiasm and organisational ability. The students acted in an incredibly professional manner throughout the project and I have to say that they represented the values of their future profession and Cardiff University in a mature manner which belied their age and experience. In all ways they gave 100% effort and commitment and at the same time provided great relief of pain and suffering to the communities we worked with in Ghana."*

The students began planning the trip to Ghana after attending meetings held by Global Brigades. Global Brigades is the world's largest student-led global health and sustainable development organization, with the aim to empower volunteers to facilitate sustainable solutions in under-resourced communities while fostering local cultures. The organisation focuses on dental, medical, water and microfinance projects in Honduras, Panama and Ghana. Students from Cardiff University have previously participated in water and medical brigades; after hearing about these the students decided to establish Cardiff's first dental brigade. More information on the work of the global brigades can be found at www.globalbrigades.org

All involved with the Ghana expedition would like to thank their sponsors including: **Henry Schein Minerva, Dentaaid, Dental Protection, Medden, Colgate, Oral B, GlaxoSmithKline, Wesleyan Medical Sickness, IHP, Dentsply, Wales Postgraduate Department and all the VT practices and GDPs who were generous in their support.**





Victoria Ocock, Professor Barbara Chadwick and Claudia Blakytyn

25 Years of Service Celebrated

Three members of staff from the School of Dentistry were amongst those being celebrated in Cardiff University's recent Recognition of Service awards.

The Recognition of Service celebrations take place on an annual basis and celebrate the achievements of staff who have attained either 25 or 40 years of continuous service at the University. Claudia Blakytyn, School of Dentistry, was one of those marking 25 years of service, alongside her colleagues, Professor



The Deans of the UK Dental Schools

Cardiff plays host to Dental Schools Council

October 2011 saw Cardiff host a meeting of the Dental Schools Council (DSC), the body which represents the interests and ambitions of all UK dental schools.

The meeting was held at the Hilton Hotel in Cardiff and was an opportunity for representatives from dental schools across the UK to discuss matters of common interest to providers of dental education and research. The Chief Dental Officer for England, Barry Cockcroft, and representatives from the General Dental

Teaching Excellence Recognised

A leading clinical academic has been recognised for her outstanding impact on student learning.

Mrs Sheila Oliver, Director of Assessment and Feedback and a Specialist in Oral Surgery and Special Care Dentistry in the School, has been awarded a prestigious National Teaching Fellowship in support of her excellence in higher education teaching and support for learning.

The prize of £10,000 will be used by Mrs Oliver to further develop the School's

assessment and feedback strategy and enhance the learning experience for undergraduates and postgraduates. In particular she will be working with students on collaborative projects to enhance assessment and feedback.

Sheila said: "Personally I'm delighted that my commitment to learning and teaching has been recognised at a national level. I'm also pleased that the School's commitment to excellence within this field has been acknowledged."

Professor Jonathan Osmond, Pro Vice-Chancellor for Education and Students, said: "Sheila has established a model of dental education that brings professional practice directly into the curriculum, consistently setting the standard for key areas of contemporary dental education

criteria. She clearly demonstrates a real passion for transforming the student experience and it is only right that she is recognised with this prestigious award. I'd like to offer the University's congratulations on this accolade."

The National Teaching Fellowship scheme is funded by the Higher Education Funding Council for England, the Higher Education Funding Council for Wales, and the Department for Employment and Learning in Northern Ireland, and is open to staff whose roles support the student learning experience at institutions in England, Northern Ireland and Wales.

Professor Craig Mahoney, Chief Executive of the HEA, said the awards carry considerable prestige within the sector and are highly competitive. He added: "At

Barbara Chadwick and Victoria Ocock . Looking back at her time at the University, Claudia said: *"The best thing about Cardiff is the friendliness. I've made so many friends for life here, despite coming to Wales from Leeds and not knowing a soul. I have a very enjoyable job because it's so varied – no two days are the same and I love treating the patients just as much as teaching the students. They are the ones who keep me young."*

The most recent Recognition of Service event recognised the contribution of 38 members of staff who had attained either 25 or 40 years continuous service between 1st October 2010 and 30th September 2011. Together, they have achieved 1013 years of service at Cardiff University.

Council (GDC) were also in attendance at the meeting. The day before the event also saw many DSC members attend the School's annual Research Day.

Professor Mike Lewis, Dean of the Cardiff School of Dentistry, said, *"It was a pleasure to help facilitate this important meeting of the dental schools. The Council provides a forum for discussion and can powerfully represent the views of dental educators and researchers. The meetings are always interesting and useful, and this one was no different with items for discussion ranging from the GDC's review of the methods of assessment of outcomes to the Research Excellence Framework."*

the HEA we are committed to recognising and rewarding excellence in teaching. Students deserve - and expect - the best possible learning experience during their time in higher education, and fantastic staff such as National Teaching Fellows help to deliver this experience."

"Personally I'm delighted that my commitment to learning and teaching has been recognised at a national level. I'm also pleased that the School's commitment to excellence within this field has been acknowledged."

Mrs Sheila Oliver

Cardiff Consultant inducted as Fellow of the American College of Dentists

Dr Chris Lynch, Senior Lecturer and Consultant in Restorative Dentistry at the School of Dentistry, was inducted as Fellow of the American College of Dentists in October 2011.

The American College of Dentists (ACD) is described as the oldest North American honorary organisation for dentists. Its members have exemplified excellence through outstanding leadership and exceptional contributions to dentistry and society. The American College of Dentists was founded in response to serious problems facing the profession in August 1920, by the then leaders of dentistry.

The ACD aims to elevate the standards of dentistry, to encourage graduate study, and to grant Fellowship to those who have done meritorious work. The American College of Dentists is non-profit and apolitical, and has long been regarded as the "conscience of dentistry" because of its emphasis on dental ethics together with its support of professionalism and leadership in dentistry.

Fellowship is awarded by invitation only and is usually awarded only to those dentists who have completed either undergraduate or postgraduate training in North America, and in exceptional cases to those who have trained elsewhere. Chris was the only European dentist to be honoured with Fellowship at the 2011 ACD annual session in Las Vegas.

Chris commented:

"I am delighted to accept this honour from such a prestigious body as the American College of Dentists."





Dr Elias Absi (left) with Mr Hill

Dr Eli Absi

Dr Elias Absi has retired after 31 years at the University Dental Hospital. Dr Absi started at the Hospital when he was appointed as Assistant Dental Surgeon in 1981, and in 1988 he became a Consultant Dental Surgeon. Dr Absi has been an Honorary Senior Lecturer in Dental & Maxillofacial Radiology since 1989.

To mark his retirement, a dinner was held at the Manor Parc Hotel in Cardiff in March 2012. Over 120 people attended, indicating the significant impact he has had on all of the staff during his time here. The School wishes Eli all the very best for his retirement.

Dr Absi said: **“It has been a privilege and honour to have worked at the Dental Hospital for so long. Thank you for your friendship, help and support over the years”.**



Mr Kristian Davies, 5th Year Student

Student Life Web Pages

The School has recently launched the Student Life website. This page consists of real, honest accounts of life as a Cardiff University dental undergraduate. Written and presented by a representative from each student year, each page includes ‘a day in the life of’ style video and photographs.

Potential and current students can hear first-hand how the course progresses from a dental student in Year 1 based primarily in the School of Biosciences, to students in Years 2 and 3 based at the University Dental Hospital, to Year 4 students who spend a proportion of their time at the St David’s Primary Dental Care Unit, and our Year 5 students who now spend time at the Cynon Valley Primary Dental Care Unit at Mountain Ash.

GDC Quality Assurance External Advisor

Dr Susan Jenkins has been appointed as a GDC Quality Assurance External Advisor.

The role involves supporting the Chief Executive and Registrar of the General Dental Council where additional advice is needed in relation to the sufficiency of educational awards. This new role follows her appointment as GDC Chief External Examiner to the Overseas Registration Examination and member of the ORE advisory group earlier this year.

Recognition for WCAT Fellow

Ernest Azzopardi, a Welsh Clinical Academic Training (WCAT) Fellow in Burns and Plastic Surgery, has recently been awarded the Unilever Prize at the Annual British Society for Oral and Dental Research meeting.

Ernest is undertaking a full time PhD with Professor David Thomas and Dr Elaine Ferguson at the School of Dentistry, as part of their research programme to develop novel antimicrobial therapies. The project is developing polymer-based therapies as novel treatment strategies for multi-drug resistant infections.

Ernest’s research has also been recognised by receipt of EU funding, the Cardiff Medical Society’s All-Wales Research Registrar Prize in 2011, and the poster prize at the European Science Foundation meeting in Wittenberg, Germany.



Mr Ernest Azzopardi



Mr Greg Coffey (left), 2011/12 Student President, Dr Eric Joseph and Professor Mike Lewis, Dean of the School (right).

Gold Medal for Alumni

Alumni of the School may be familiar with a gold medal that was awarded to the Student President of the School, and passed down each year from the President to their successor.

Unfortunately the medal was misplaced in recent years, and a call went out to the alumni in January 2012 asking for their help in retrieving it.

The response from our alumni was fantastic with many former students providing clues as to the whereabouts of the medal. In a matter of days the medal was located in the possession of a former Student President and repatriated to the School.

The medal was originally a gift to the student body from former lecturer Dr Eric Joseph, and is inscribed with the name of every Student President. Dr Joseph returned to the School in February 2012 to present the medal to the current President, Mr Greg Coffey.

Alumni Golf

On 17th May 2013 the annual alumni golf competition will be held at the Radyr Golf Club in Cardiff. Organised by two alumni of the School – Gareth Jones and Ralph Hicks – this event has been well supported over the years, and new members are always welcome.

If you are interested in taking part please email Gareth Jones at:

gj15@btinternet.com



**The School of
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Follow [@CardiffDental](https://twitter.com/CardiffDental) for events, announcements and general news.



School of Dentistry

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The Cardiff School of Dentistry is the only dental school in Wales, with a reputation for excellence in dental teaching, research and patient care.

<http://www.cardiff.ac.uk/dent/>



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Student Profile: Safa Somi



Safa Somi is a second-year student on the Master of Clinical Dentistry (MClin Dent) programme, and has chosen to do the pathway in prosthodontics. Originally from Iran, Safa moved to Cardiff last summer after living in London for a year.

Why did you choose to study in Cardiff?

After completing my undergraduate studies in Iran, I really wanted to study dentistry at a higher level in a high quality school. I had been accepted on a postgraduate course in Iran but my uncle, a dentist in the UK, really inspired me to study here. I became interested in the course in Cardiff and asked to come and see the School first hand. After visiting the School and meeting the staff I became sure that Cardiff was for me. I couldn't wait to start and actually asked to come sooner, as a visitor again, before officially starting my course.

What do you like about living in Cardiff?

I spent a year in London with my uncle before coming to Cardiff, and I definitely like Cardiff as a city more than London. Cardiff is a really friendly environment to be in and I have never felt like a stranger. Cardiff is a lovely city: it is not too big so as to feel busy, but not too small either.

Why did you choose the MClin Dent course and the prosthodontics pathway?

I have always had the ambition to study at a higher level, and I was attracted to the prosthodontics pathway because it means more involvement with the creation of the aesthetic. I love creating beautiful smiles for our patients.

What has been your favourite aspect of the course?

Although I am on the prosthodontics pathway, I have not been confined to that speciality. In my first year I learnt skills in periodontology, endodontology and prosthodontics. If you want to be a successful specialist you need to have this range of skills, and I am extremely happy that I got to learn this range of skills in the first year of my course. It is a great curriculum and I feel that it is a good basis for the rest of my time on the MClin Dent course.

What are your ambitions after finishing the course?

I would love to get to the highest level I can in my subject. I am hoping to do a PhD in the future, and I am definitely going to continue my education.

Would you recommend the School to others?

I would definitely recommend the School to students who are looking for somewhere to complete further study. There are lots of international students and studying here is a great opportunity for us. The facilities and all of the people involved in the course are great.

What advice would you give to students coming to the school?

If you want to take your knowledge to a higher level, then nothing should stop you.

I would also like to say thank you to our course director Professor Rees and the other lecturers and staff that are involved in our course for their great support and attention.

"I would definitely recommend the School to students who are looking for somewhere to complete further study. There are lots of international students and studying here is a great opportunity for us."

50th Anniversary Celebrations

2014 marks the 50th Anniversary of the first intake of students into the School of Dentistry. To celebrate this landmark anniversary, the School will be holding an exciting event open to all alumni of the School, with the aim of attracting graduates from every year since 1964. Look out for further details!



Safa Somi working on clinic





Mr Doug Goodwin

Alumni Profile: Doug Goodwin



Doug Goodwin graduated from the Welsh National School of Medicine in 1984. Following a short period in hospital posts, he entered General Dental Practice. After a few years as an Associate he bought into his present practice in Pontllanfraith, Gwent. Most of his work is under NHS contract.

For the last 15 years Doug has also been working as a part-time Clinical Lecturer in Restorative Dentistry at the School of Dentistry.

Why did you choose to study dentistry in Cardiff?

I was brought up in Bangor, North Wales so Liverpool was the closest dental school. Both my older brothers were already studying at Liverpool so I decided to go somewhere different and studied at Cardiff instead. Also it was in Wales! I made the right choice.

There are four generations of dentists in my family. I was brought up in a 3 storey house living above my mother's Dental Surgery so dentistry was always something I was interested in from an early age.

What is your favourite memory from your time in Cardiff?

We were a very social year in the School and we all had great times together - especially Friday nights at Med Club and fancy dress cocktail parties.

What is the most important thing you learned during your time in the School?

Always do your best for the patient - they are your priority.

What challenges will dentistry face in the next 10 years?

There are plans for significant changes to NHS Dentistry. We all hope that the contract and conditions which the Government will impose upon us will be fair and good for patients and provide suitable funding to enable ethical NHS practices to provide high quality dentistry to their patients. Many colleagues feel that Dentistry is becoming increasingly over regulated.

How has dentistry changed during your time in practice?

Patients are now expecting more cosmetic treatments and my use of amalgam has significantly reduced over the years. When I qualified there were no light cured composites, porcelain veneers, digital radiography, tooth whitening or Nickel Titanium rotary endodontic instruments. How times have changed!

What advice would you give to a student thinking of studying in Cardiff?

Go for it. Cardiff's School of Dentistry has a great reputation with many highly motivated and dedicated members of staff. Cardiff itself is a vibrant city with excellent bars, restaurants, sporting and cultural activities. It's hard to beat!

What advice would offer to those students due to graduate this summer?

Your trainer will have a wealth of knowledge in practice management and clinical expertise. Learn as much as you can from them, respect their experience and enjoy dentistry.

Tell us about the Alumni Association

I made many life-long friends during my years at the School. It is important to keep up contacts on a regular basis and the Alumni Association enables you to do this and make new friends within other graduate years.

Many students now appear to have no contact with Cardiff after they graduate. This is a shame. I have wonderful memories of my student years and also of various alumni functions where I have been able to catch up with old friends and colleagues. I would encourage as many graduates as possible to join the Association. We are hoping to increase the number of alumni dinners/study days so watch this space!

“Cardiff’s School of Dentistry has a great reputation with many highly motivated and dedicated members of staff. Cardiff itself is a vibrant city with excellent bars, restaurants, sporting and cultural activities. It’s hard to beat!”



Staff and alumni at the reunion dinner



School of Dentistry Celebrates the Legacy of Brian Cooke

A week of celebrations in October 2011 helped the School celebrate the legacy of its founding Dean, Brian Cooke.

An extremely busy week saw the School hold its annual Research Day, host a meeting of the Dental Schools Council, open state-of-the-art clinical education and research facilities, and welcome our alumni back to the School for the Brian Cooke memorial lecture day and reunion dinner.

The week started with the School's annual Research Day, showcasing to all stakeholders the high quality and impact of our research activities. Building on the success of the inaugural event in 2010 this was an opportunity for internal and external colleagues to experience the breadth and depth of research ongoing within the School and throughout our numerous cross-disciplinary external

collaborations. The day concluded with an external guest lecture from Professor Paul Speight, Dean of the University of Sheffield Dental School and a REF Panel Member.

The following day saw the School host a meeting of the Dental Schools Council (see page 12), before the working week concluded with Julie Morgan AM officially opening refurbished, state-of-the-art clinical, educational and research facilities within the School. Mrs Morgan re-opened the School's largest Dental Education Clinic following a £1.5million refurbishment which has provided Cardiff with some of the best clinical education facilities in the UK, and the School's refurbished and renamed Russ Allison Pathology Laboratory.

The weekend saw the School once again hold the bi-annual Brian Cooke memorial lecture day and alumni dinner, attended

by over 100 friends of the School. The keynote Brian Cooke memorial lecture was given by Professor Ivor Chestnutt who explored how dental public health had changed in the years since Brian Cooke was Dean. The week of celebrations concluded with the alumni dinner, held at the 5* St Davids Hotel in Cardiff Bay, with music provided by the School's very own Dr Alastair Sloan and his band.

Professor Mike Lewis said, "This was a tremendous week for the School and it was appropriate that the series of achievements and events were the prelude to the Brian Cooke lecture. I was absolutely delighted with the obvious enthusiasm and positive feedback provided from participants on each of the days. I am sure that Professor Cooke would have been extremely impressed by the contributions made by the School's present staff and former students."



Professor Brian Cooke

The Brian Cooke Memorial Fund

The Cardiff School of Dentistry is committed to supporting students through scholarships to ensure that higher education is as widely available as possible.

In 2011, the Brian Cooke Memorial Fund was launched in memory and honour of the School's founding Dean.

The Fund's income is generated through the proceeds from alumni events, along with generous donations made by the School's friends, alumni and supporters. Once the Fund has grown to an appropriate level, the School will annually release a Brian Cooke Scholarship to an undergraduate student, which will serve as a contribution to their tuition fees.

If you would like to donate to this Fund, or would like further information, please contact Ali Lindsay in the University's Development Office.

Ms Ali Lindsay

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