

19¹¹ April 2020

Dear All,

Thank you for all your lovely messages asking if the team and their families are well; I can confirm that we are all well at present. Thank you also for providing feedback that you have found these updates useful.

This is a short letter to update you on practice news:

- The team has been using the time to undertake online training and keep up to date with our regulatory and contractual agreements.
- The servicing of practice equipment and machinery has been brought forwards in order to allow us to focus solely on patient care once we receive guidance to fully open again.
- In view of current, updated guidance, all appointments in May will be cancelled and rearranged. Where possible, a similar day/ time as the previous appointment will be given and a notification of the new appointment will be sent to you by email, text, phone call or letter.
- I am currently exploring the opportunity to be involved in a research project across England and Scotland; it is being conducted by the Universities of Dundee, Aberdeen, Glasgow, King's College London and Sheffield. The concept is based on developments and further evidence for minimally invasive dentistry. If we are selected to be involved then I will provide details nearer the time.
- As mentioned in my previous letter, the urgent dental care centres did open and I believe they are fully functional. I haven't yet had to refer any of our patients to the centres; however, the systems are in place for when this is required. The dental centres are only open for trauma, uncontrolled bleeding, severe pain and swelling that can jeopardise someone's wellbeing, especially when medical history is taken into consideration. Again, I would like to emphasise that there is no guarantee of being seen, and I will have already discussed this with you.

Once again I want to emphasise how important it is to restrict sugary snacks and keep to certain meal times. Consume plenty of water and keep your oral hygiene to its maximum. On a lighter note, I am involved in a number of forums and webinars with dentists in the country, and the consensus is that we all need to wear masks around the house in order to stop munching so much!

The telephone numbers for ringing in an emergency are still the same:

- During office hours: please ring 07533 765 841.
- **Out of office hours:** please call the relevant number below:
 - Private patients should call 01845 469299
 - o NHS patients should call 111

My best wishes to all of you, and I will continue to keep you informed of any developments.

Dr Niki Kitsiou