



KELVIN  
HOUSE  
DENTAL PRACTICE

“word  
of  
mouth”

2 Nelson Road | Whitstable | Kent | CT5 1DP T 01227 771323 E [info@khdp.co.uk](mailto:info@khdp.co.uk)

### Do you really want to share my toothbrush?

Recent UK research involving 2,000 people has shown that 1 in 10 share their toothbrush with someone else. Perhaps just as surprisingly, one in seven of those surveyed use household items such as business cards, credit cards or earrings to clean in-between their teeth.

There are many hundreds of different bacteria and viruses in our mouths and people sharing a toothbrush could be passing these on to others. While this might be something relatively harmless, such as a common cold or cold sore, if the person you are sharing with has a compromised immune system or a more serious infectious disease then the consequences may be more serious.

### Congratulations and the start of lifelong learning

We are pleased to announce that Hannah, one of our excellent dental nurses has just passed her Dental Nursing exam. That just leaves Kayleigh, our newest nurse, as the only remaining nurse 'in training'.

All qualified dentists, hygienists and dental nurses are required to be registered with the General Dental Council (GDC), the organisation that regulates dental professionals in the UK.

The GDC oversees our Continuing Professional Development (CPD). Passing our initial registered exam is just the start of a long career pathway. All of our staff have a duty to keep their skills and knowledge up to date by attending lectures and hands-on courses.

As dentists, we have to carry out at least 250 hours of CPD every five years. At least 75 of these hours need to be 'verifiable' CPD (not just 'self study'). Like many dentists, we normally achieve 2-3 times more hours than this minimum requirement.

All the dentists at the practice also belong to a Dental Peer Review group based in Canterbury. As a group we meet up regularly to discuss various dental topics and as a consequence we learn new ideas from each other.



Autumn 2014