

Programme

Friday 7th May 2004

- 9.00 Registration and Coffee
- 10.00 **Welcome** Vanita Brookes President BSDH
Opening Ceremony Lord Chan of Oxton
- 10.15 **The Effects of Smoking**
Dr Kevin Jones, Consultant Physician,
Royal Bolton Hospital NHS Trust.
- 11.00 **The Drugs Scene**
Dr Mark Hamilton, Media Doctor,
Staff Emergency Physician,
Salford Royal Hospitals NHS Trust
- 11.45 **Coffee**
- 12.15 **A Holistic Approach to Addiction**
Lorna Mc Arthur, Counselling Psychologist,
Newlands Medical Centre, Bolton
- 1.00 **Lunch and Trade Stands**
- 2.00 **The Use of Cannabinoids in Multiple Sclerosis**
Megan Burgess, MS Nurse Consultant,
Salford Royal Hospitals NHS Trust
- 2.30 **Addiction in the Dental Profession**
Dr Joe Mee, MBE,
Co-ordinator of The Dentists
Health Support Programme
- 3.15 **Treating Patients with Chemical Dependency**
Dr Navdeep Kumar, Staff Grade
Special Needs Dentistry,
Eastman Dental Institute,
University of London.
- 4.00 **Tea and Close**

British Society for Disability and Oral Health



UNLOCKING BARRIERS TO CARE

“Chemical Dependency
in
Special Care Dentistry”

To be held on
Friday 7th May 2004

Bridgewater Hall,
Lower Mosley Street,
Manchester.
M2 3WS

Speaker - Dr Kevin Jones FRCP MD Consultant Physician, Royal Bolton Hospital NHS Trust.

Dr Kevin Jones, qualified in Medicine from Liverpool University in 1997. He spent four years on the heart-lung transplant team at Papworth Hospital Cambridge and six years at St Bartholomew's Hospital London. He was a visiting research fellow to the university of Colorado in Denver, USA for a year and is now a Consultant Chest Physician at the Royal Bolton Hospital. He is a renowned lecturer for the British Thoracic Society and National Asthma Campaign.

Abstract - The Effects of Smoking

Consultant Chest Physicians would have much less to do if it wasn't for the cigarette. This lecture will discuss the wide ranging health effects of cigarette smoking on the upper respiratory tract, lungs and heart. It will also focus on what type of people smoke and how the tobacco industry encourages them to smoke. Be prepared for gory pictures, fascinating facts and a dash of humour.

Speaker - Dr Mark Hamilton Staff Grade Physician in Accident and Emergency Medicine Hope Hospital and Media Doctor

Dr Mark Hamilton is currently a staff grade in Accident and Emergency Medicine at Hope Hospital. He also has a passion for music and uses this as a way of communicating with young people with regard to health issues. Mark is currently co-presenter on the Sunday Surgery BBC Radio 1 and has been nominated for the Sony Award 2004. He is a columnist for "Sorted", a magazine aimed at young teenage boys and Resident Doctor on "The Stephen Nolan Show", BBC Radio Northern Ireland. In addition to many other hats Mark also manages to fit in being a Club DJ.

Abstract - The Drug Scene

This lecture will provide an overview of the drug scene with an insight into the impact of drugs on society and the drug culture. It will also focus on the trends in drug use with specific mention of cocaine, ecstasy, GHB, ketamine and methamphetamine and the issues surrounding legislation.

Speaker - Lorna Mc Arthur Counselling Psychologist, Newlands Medical Centre, Bolton

Lorna has wide ranging experience in business and in 1997 established her company Positive Results UK Ltd specialising in helping people manage the pressures that lead to anxiety and stress. She combines this work with a highly successful private practice as a psychologist and stress management consultant. Lorna specialises in methods of dealing with anxiety, depression, trauma, phobias and addictions. She is also a qualified clinical hypnotherapist, and Thought Field Therapy Practitioner.

Abstract - A Holistic Approach to addiction

Addiction is not purely a physiological dependency and tolerance issue. When an effective treatment for anxiety is given, the withdrawal problem may vanish for most addicts and addictive cravings may be rapidly reduced or eliminated. This presentation will focus on the crucial role played by anxiety in addictions. Thought Field Therapy (TFT) is highly successful in eliminating addictive cravings. Lorna will explain the basic model of TFT, its benefits and how to use it as part of a management strategy in dealing with addiction.

Speaker - Megan Burgess RGN, BSc, PG Dip, MSCN, MS Nurse Consultant, Salford Royal Hospitals NHS Trust

Megan has worked as an MS Specialist nurse for 7 years and was appointed as an MS Nurse Consultant in 2003. She works at the Greater Manchester Neuroscience Centre based at Hope Hospital in Salford and leads a team of 6 MS Nurses. Megan was vice-chair for the UK MS Specialist Nurse Association (UKMSSNA) and is now Nurse Advisor for the National MS Society and Consultant Editor for a new magazine "MS Nursing". She has written a book (*Multiple Sclerosis: Theory and Practice for Nurses*) and has published many papers. Megan is currently researching the epidemiology of MS within Greater Manchester as part of an M.Phil at Manchester University.

Abstract - The Use of Cannabinoids in Multiple Sclerosis

Cannabis has been used for medicinal purposes for thousands of years around the world. Over recent years its use by people with Multiple Sclerosis (MS) has become much more prevalent with one survey estimating (illegal) use amongst people with MS as high as 45%.

Anecdotal evidence from patients reports that cannabis provides ease from symptoms of pain, spasticity, tremor and bladder problems – all common symptoms for sufferers of MS. A large, multi-centre, randomised, placebo controlled trial studying the effect of cannabinoids on spasticity and other symptoms of MS was recently concluded and reported. The results of this trial and others will be discussed and the impact that the trial has had in terms of raising the profile of cannabis use amongst people with MS will be explored.

The recent downgrading of cannabis to a class C drug has also served to raise its profile amongst the MS community and as health professionals working closely with people with MS we are often asked for advice about whether or not people should take cannabis. The ethical dilemma of potential benefits vs. legal and other considerations will be discussed.

Speaker - Dr Joe Mee MBE, Co-ordinator of The Dentists Health Support Programme

Dr Joe Mee is a General Dental Practitioner who also trained in Addictive Disease. He set up the Support Programme to help dentists who suffer from addiction to alcohol and/or other drugs. The programme was first launched in 1986 as The Sick Dentists Scheme and re-named the Dentists Health Support Programme in 2001. The success of this programme has been recognised by other professional groups, who have used Dr Mee's expertise in establishing similar programmes. Addiction is now part of the dental curriculum to the dental schools.

Abstract - Addiction in the Dental Profession

This presentation will discuss the incidence, nature and progression of addiction. There will be a focus on the professional, legal and personal problems caused by addictions and an overview of the treatment and outcome. The presentation will conclude with an update on the work of The Dentists Health Support Programme.

Speaker - Dr Navdeep Kumar BDS FDSRCS(Eng) Staff Grade / Honorary Lecturer in Special Needs Dentistry, Eastman Dental Institute, University of London

Navdeep Kumar has considerable expertise in the clinical management of the medically compromised patient and the management of the oral complications of systemic diseases.

She has worked within Hospital-based Special Needs and Oral Medicine units at Bristol Dental Hospital, The Royal London Hospital, Central Middlesex Hospital and Eastman Dental Hospital, and has held posts ranging from Senior Clinician to Senior Dental Officer. She has helped to set up and refine the Special Needs Services at both the Eastman Dental Hospital and Central Middlesex Hospital. In addition, to her clinical role, Navdeep has held an Honorary Lecturer post for the last 6 years. She has a keen interest in teaching, training and research, and currently coordinates the MSc in Special Needs Dentistry at the Eastman Dental Hospital.

Abstract - The Management of the Patient with Chemical Dependency

Patients who are chemically dependent, or who are being treated for their addiction, may present with challenges when they attend for dental care. These relate to the medical and social problems which may be associated with drug abuse, aggressive patterns of dental disease, behavioural disorders, pain management, and control of cross-infection.

A detailed history is critical in order to manage these patients sensitively and effectively. This will help to facilitate appropriate treatment planning and clinical management.

Limitation of further oral disease is critical. However problems with regular attendance may reduce the success of prevention programmes. Plans for long-term care may need constant modification depending on the changing needs of the individual.