

BSDHT POSTER COMPETITION 2020

Mohsin Mughal shares his experience of writing his poster and entering the competition last year at the BSDHT Oral Health Conference.



I am a dental hygienist and currently finishing my MSc in Advanced Periodontal Practice from the University of Essex. My poster entry was based on my treatment of a patient at the University of Essex Academic Clinic in Colchester.

A poster is a snap shot of clinical or research work. There is a limited word count and display available but it should provide sufficient information so that a viewer can understand the whole concept, or treatment provided, the aim of the work, methodology and results. Information provided on a clinical poster has to be appropriate to the audience. Adhering to guidelines provided by the organisers can display the information according to the location of the display which may include the size of the poster and materials to be used for the poster. A picture speaks a thousand words: quality photographs make clinical findings much clearer without using huge amounts of text.

The subject of my clinical poster was the importance of plaque control and non-surgical periodontal treatment for a patient with gingival hyperplasia taking a prescribed calcium channel blocker. Clinical information which the patient presented with at the first consultation, along with the patient's medical and social history, were all important aspects which needed to be included to paint the initial picture. Two elements of intervention came from two sources: the patient's intervention with home care and the clinical intervention of non-surgical periodontal treatment. Effective treatment planning, radiographic information, a series of photographs from the first consultation to the end of the treatment course were included. Tables, graphs and charts covered the journey of the patient to show the effectiveness of the two strands of intervention.

The annual Oral Health Conference (OHC) organised by the British Society of Dental Hygiene and Therapy is the showcase of our profession. It is a true reflection of what dental hygiene and therapy as a profession stands for. The OHC conference brings colleagues from across the profession together to discuss further enhancement of the profession, update their knowledge, learn about new innovations and technology available, enhance skills, share and discuss ideas, gain enhanced CPD and look at the new research and clinical cases displayed by our fellow dental hygienists and therapists.

I thank BSDHT for giving me opportunity to share my experience of clinical success with my peers through the presentation of my clinical poster but also look at the amazing work carried out by fellow hygienists and therapists. I had a very positive experience of the OHC 2019 conference which made me feel proud to be a dental hygienist among many other colleagues who are working to improve the oral health of our patients.

BioMin Technologies is delighted to sponsor the 2020 BSDHT Poster Competition and to support clinical research into oral healthcare. As a University start-up company established to commercialise the application of bioglass materials in dentistry, research is fundamental to our culture. To support student dental hygienists and therapists to participate in this competition and to present their posters at the Oral Health Conference in Glasgow, BioMin Technologies will provide a travel bursary of £100 to every participant.

The competition is now open to all qualified dental hygienists and therapists and student dental hygienists and therapists. Visit the website for full details: www.bscht.org.uk



Mohsin Mughal's poster



Last year's Student Award was presented to Mohammed Zaful Islam from QMUL.



First Award was given to Olivia Barrett from Cardiff Dental Hospital.

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