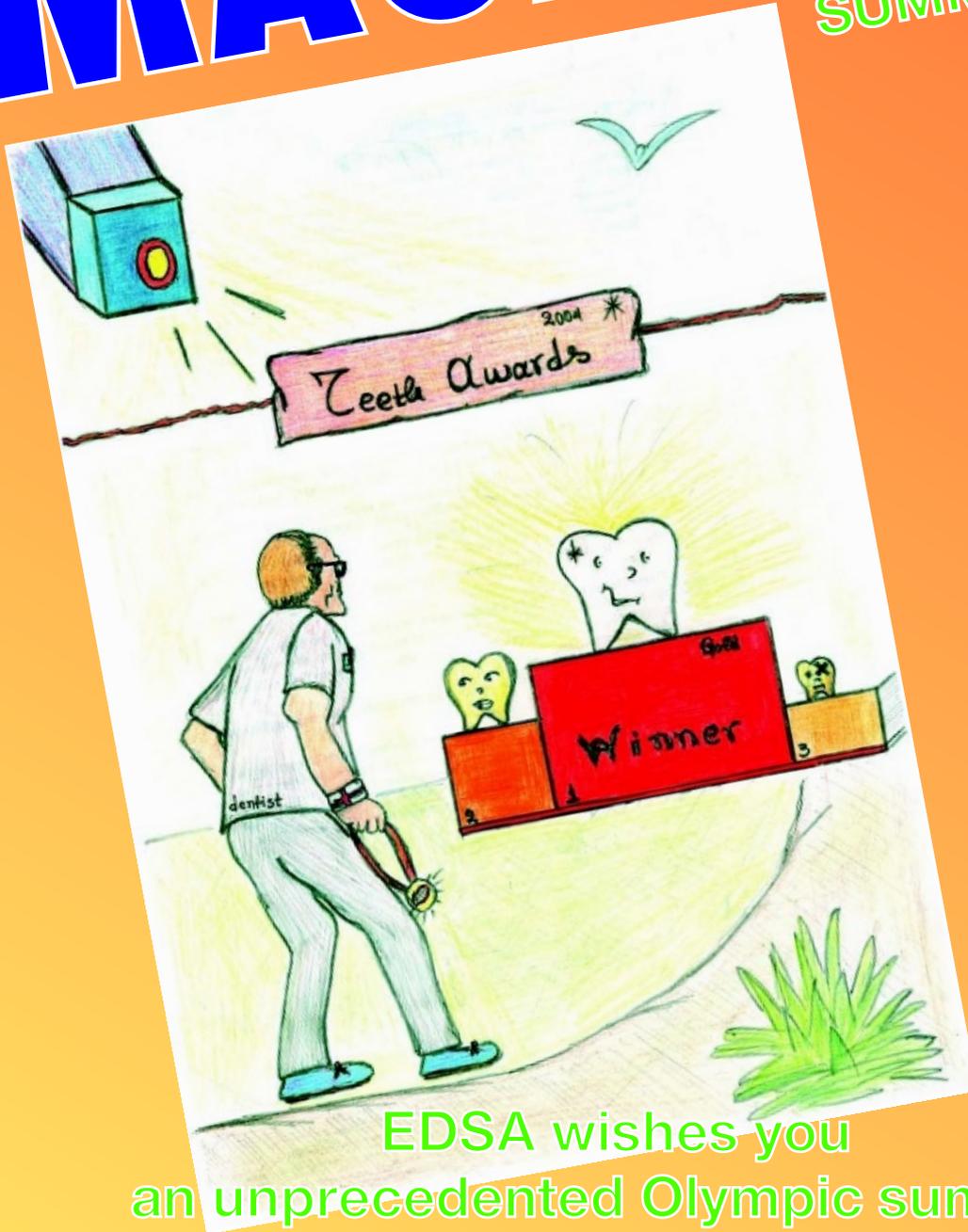




EDSA MAGAZINE

SUMMER 2004



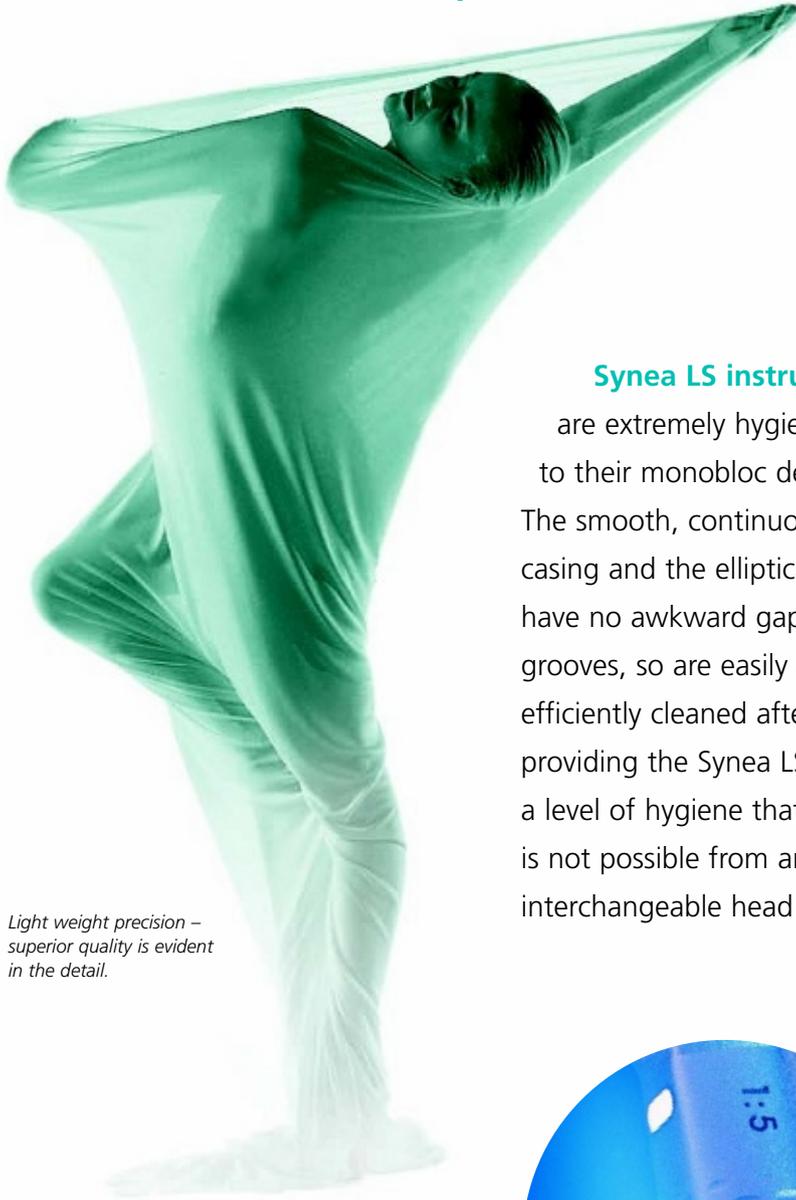
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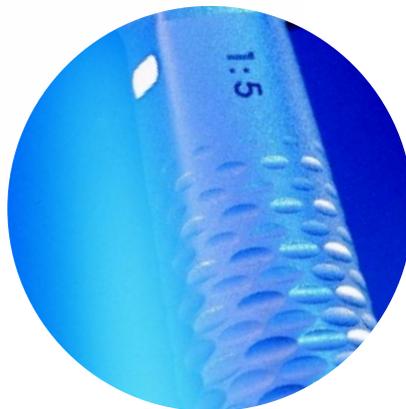
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WHEN EXPERIENCE MET DYNAMISM, AND SYSTEM JOINED AMBITION, EDSA WAS BORN...

Dear EDSA Friends and Fellow Colleagues,
Another issue of the EDSA magazine is now in your hands...waiting for you to read it! I really do hope that you enjoyed the previous one and that now you are even more curious and excited to "travel" through the pages of the new one!

This is my last year as the EDSA editor and I do feel the need to thank all those who have contributed towards the realization of the EDSA magazine during the last 3 years. First of all, I would like to thank all the authors of the articles who have managed to give us a complete idea of what is going on in European dental students' world and who have shared with us their experience and knowledge. Of course, nothing would have been possible without the invaluable support of Quintessenz, during all these years and the professionalism that distinguishes them. Special thanks go to all the sponsors whose financial support is more than essential. Last but not least, I would like to acknowledge the contribution of all of you who read it, because your enthusiasm and interest is the most important motivation for us.

Through the pages of the current issue of the magazine, you are going to realize that the last year has been very eventful and fruitful. In the beginning of September, the 29th ADEE and DentEd meetings took place in Dresden, Germany and EDSA was dynamically represented at the common workshop, about stress provoking factors. At the end of September 2003, the 32nd EDSA meeting took place in Santiago de Compostela, Spain, where we reevaluated our projects and progress and set up new goals for the upcoming year. I guess that the traditional "witch of good will" cast a spell on us, because the meeting was absolutely successful, everyone was bewitched by the place and nightlife and all of us could sense the magic atmosphere.

In the following months, a steady and remarkable progress in projects was achieved thanks to everybody's enthusiasm and hard work. So, when the 33rd EDSA meeting took place in Dublin, Ireland, our ambitions for students' actual involvement in education and dental life were reinforced and significant developments took place. Our Irish hosts organized an unforgettable meet-

ing, or I'd rather say a unique experience, leaving lasting memories from a lively place with open people! At this point, I would like to take the chance to express my gratitude to both the Spanish and Irish hosts.

In the following pages, you'll be able to read more about the two meetings and maybe be motivated to participate in the following ones. In July 2004, the EDSA Summer University is going to take place in Murcia, Spain, together with the XI ANEO Congress. From 31/8 till 5/9, the 34th EDSA meeting is going to take place in Cardiff, Wales, UK, along with the 30th ADEE and DentEd meetings, where EDSA is expected to have a catalytic presence once again. Still, if you can't attend these meetings, EDSA offers you the opportunity to visit a dental faculty abroad through EVP (European Visiting Programme).

I hope that you enjoy your "cruise" through the pages of the current issue of the EDSA magazine and that your desire for more active involvement in EDSA will be triggered! And I really wish you to have the luck to make special friends from different countries but with the same thirst for life, just like the ones I've met!

With respect,

Maria Protopapadaki
EDSA General Secretary
EDSA magazine editor
Athens, GREECE



Special thanks to Ioanna Protopapadaki for sketching the cover page.

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32ND EDSA MEETING

SANTIAGO DE COMPOSTELA, SPAIN, 22–28TH SEPTEMBER 2003

The day of my departure was approaching and I could not wait to see all the friends I had made during the EDSA's last two meetings. It was the first time I travelled alone by airplane, but I had no trouble on the way – it was actually quite adventurous!

Santiago de Compostela is a beautiful old city and the capital of Galicia, autonomous region of Spain. Compostela has in its charge the bodily remains of Saint James and this is why it is very well known as the Pilgrim's goal, the "Camino de Santiago". The city is famous for excellent seafood and fine wines. There is also a very old University with lots of students. I guess that this is the reason for the rich nightlife, which we experienced during the meeting!

The local organizing committee organized a great meeting, and delegates from Croatia, Greece, Ireland, the Netherlands, Poland, Serbia & Montenegro, Slovenia and Wales, U.K. attended it. In addition, we had an observer from France as a possible candidate country. The opening ceremony took place at the Faculty of Dentistry (Facultade de Odontoloxia de Santiago de Compostela) and was held by Dean Prof. Jose Maria Frago Bermudes, vice dean Prof. Maria Jesus Mora Bermudez and the Spanish hosts (David Puente Arias and Ana María Branco Fernández, as well as María Gómez, Sonia Matas, Fernando Rey, María José Valladares, Miriam Outumuro and Daniel Busta).



In front of the dental faculty.

Afterwards, the hosts gave us a tour through different departments of the clinic.

The meeting was a combination of official and unofficial activities. Official duties were the sessions held during four days by agenda. Once the Executive Committee for the next year was elected, the delegates from each country reported on their activities throughout the year and the realization of their tasks, assigned at the last meeting in Belgrade. Kimon Divaris, new EDSA president, presented results retrieved from EDSA programmes. The Stress Survey was pointed out:

by then, it had been accomplished in Greece, Ireland, Slovenia, Serbia & Montenegro, and was still going on in other countries. Some of the results were also successfully presented at the ADEE (Association of Dental Education in Europe) Meeting in Dresden, Germany, in September 2003! Moreover, it was noted that the EDSA Visiting Programme came to realization in some countries, with most success in Serbia & Montenegro. We, then, went on with brainstorming on new projects, such as Green Dentistry, in order to study the impact of our profession on the environment, and a

EDSA Events



Mark & Tadeja.

Survey on students' knowledge of HIV-infection risk. Since the Bologna declaration is a current reality in EU, a committee was elected to work on it and attend the ADEE meetings. Finally, once the agenda was covered, the tasks for each country delegate by the next meeting in Dublin, Ireland, in April 2004 were delivered and it was decided that the September meeting would take place in Cardiff, Wales, U.K.

During our free time, the unofficial activities consisted on sightseeing day and night. Only that by night, we were mostly "sightseeing" pubs and nightclubs. One of the most joyful and glorious events was the traditional EDSA-vision song contest, which was held in a karaoke bar. This time, the Spanish colleagues proved to be great Latino singers and dancers - they won the contest with the song "Bye Bye" from David Civera. Ireland was second with "Ride On" from

their legend Christy Moore, and the third place went to Croatia.

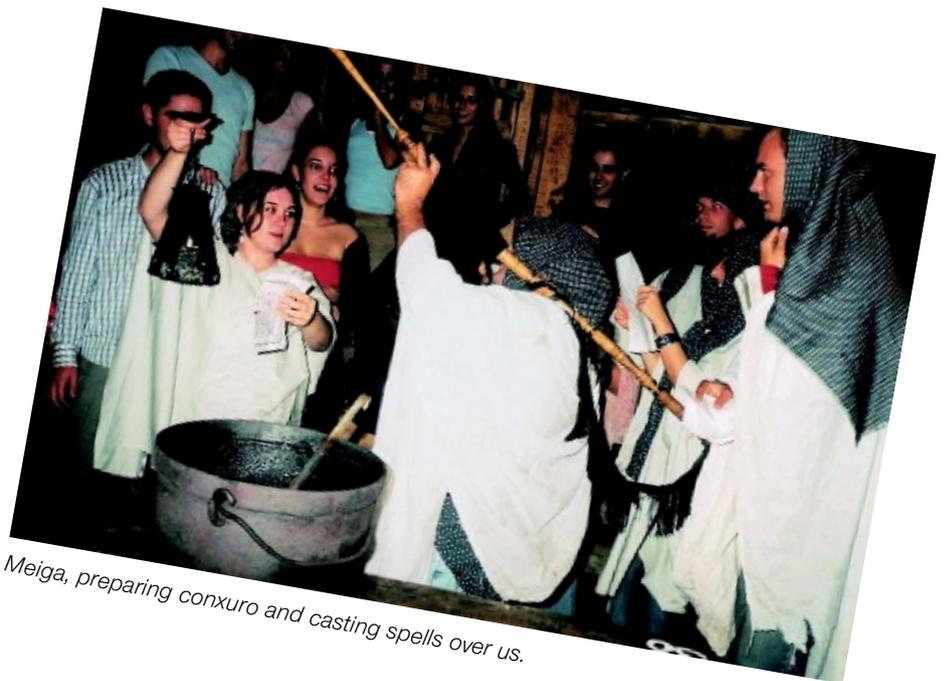
The region of Galicia is characteristic for its Celtic past, and it is typical for visitors to take a happy witch with them back home. You can find little witch souvenirs in every corner. The tradition with the good witch "Meiga" is more than 2000 years old! The Spanish hosts even took us to a country restaurant "Fogar do Santiso", and prepared seansa (conxuro) with boiled brandy for us! They disguised themselves as witches and cast some positive spells over us ... about good fortune and love, I hope. We had to repeat the spells in Galician (!!)

and drink out the boiled brandy, or I'd rather say, the magic potion! The conxuro was fired, because it is supposed to be a very strong spirit and the sense is to eliminate the bad ghosts. It was an experience that none of those present will ever forget!

As a conclusion to all these precious memories, some of the delegates went to the follow-up meeting in a town next to the Atlantic Ocean - Boiro. The organizers had rented a villa on the hill for us, and we tasted delicious seafood, did some sightseeing in the eucalyptus forest, but mostly partied at night...

I would like to thank once again the organizers as well as all the participants who made my visit to Galicia unique! Once in EDSA - always a friend of EDSA!!! I hope to see you all at the next meetings!!

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Meiga, preparing conxuro and casting spells over us.

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33rd EDSA MEETING

Dublin, Ireland, 13th–18th April 2004

For the first time I was given the opportunity to attend one of the annual EDSA Meetings. Little did I know how fruitful and joyful would it turn out to be in the end. To be honest, I really didn't know what to expect and the closest visualization I had was provided by former delegation from Croatia who supervised our team and introduced us to the EDSA community.

Dublin's official date of establishment was in 988 A.D., although evidence of its existence dates back to the second century in which it was named Eblana and the first settlers of the city were Norman Vikings. Today it has a population of just over 1.1 million and has now become one of Europe's most well known cities and is renowned for its beauty, friendliness, culture and fun. The University of Dublin – the Trinity College – was established by Queen Elizabeth I in 1592 and is situated in the centre of the city. There is over 200,000 m² of buildings, including beautiful historic architecture and state-of-the-art modern facilities one of which is Dublin Dental School and Hospital.

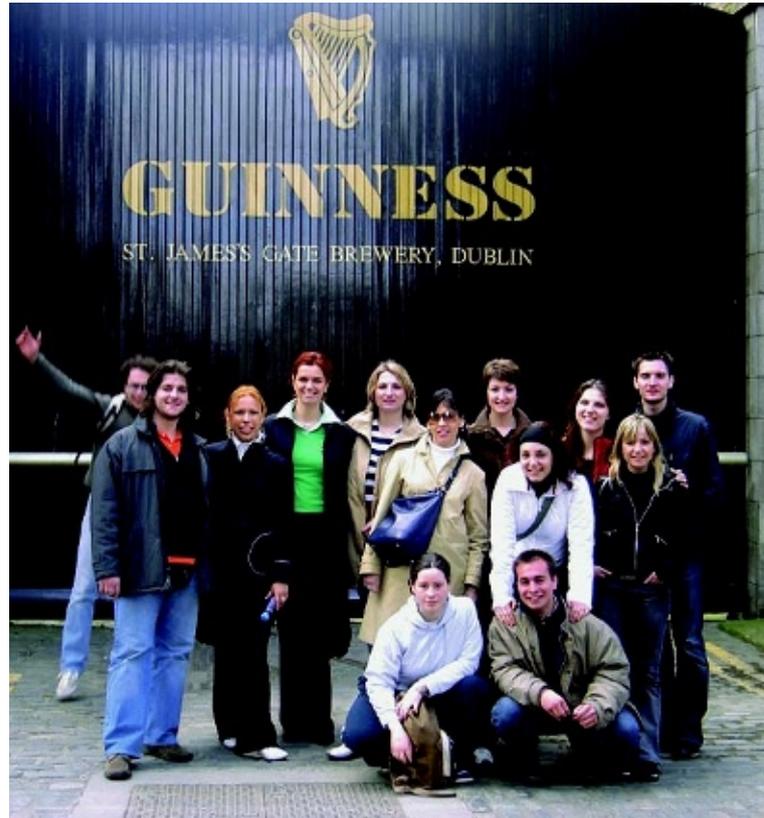
Upon our arrival on Tuesday the 13th, there was a nice reception held in the Common Room of Dental Hospital, whose purpose was the acquaintance of all participants of the meeting with the Organizing Committee, which consisted of the Irish EDSA delegation. Now, when all is over, we can say without any hesitation that they did a great job. We were occupied and

entertained throughout the meeting. Everything went smoothly and according to plan and everyone had a great time.

The meeting lasted three days, with sessions and workshops taking place in Lecture Rooms of Dental Hospital.

On Wednesday the 14th, the first session was underway. It started with the opening speech of the Dublin ADEE representative, Dr. Jacinta Mc Laughlin, who welcomed us all, and then the introduction of the current EDSA president, Kimon Divaris, followed. Next on the agenda were reports of the Executive Committee and the delegates from each country on their activities since the last meeting. There were also presentations of the progress made on various EDSA Programs. Stress Survey is nearly completed thanks to six countries that managed to get complete results. EDSA Visiting Program (EVP) has started taking place in some countries. Material for the EDSA Multi-center study: "Dental Students' HIV-related knowledge, attitudes & practice" was distributed to countries willing to take part in it. We also talked about the "Green Dentistry" Campaign and its possible implementation in some countries, as well as about oral health promotion programs and experi-

ences that some countries already have in that particular field. We had a discussion about other dental students' associations and possible cooperation with them. After brainstorming on potential new programs and ideas during the last session, on Thursday the 15th, new assignments were distributed between delegates. On Friday the 16th, the workshop about Bologna Declaration took place. In between sessions, the Irish delegation gave us a tour of the Dublin Dental Hospital, which is very impressive and modern. We also had a chance to talk to Vice-Dean, Prof. Noel Claffey, and the Chief Executive Officer of Dental Hospital, Prof. Brian Murray, about it during a nice formal dinner at the Upper Launch Room of Trinity College. This meeting in Dublin was the largest one so far and the number of 48 participants from all over Europe says it all. A total of 13 EDSA member countries attended the meeting: Croatia, Greece, Hungary, Ireland, The Netherlands, Norway, Romania,



Serbia & Montenegro, Slovenia, Spain, Sweden, Turkey and United Kingdom. Also, France attended the meeting as an observer.

The social part of the meeting revealed all the friendliness and fun Dublin had to offer. Thanks to the Organizing Committee we got a fabulous Guinness tour seeing the first brewery complex on the island whose central building serves as a tourist attraction and looks astonishing. On the top of the 7th floor, we had a nice view of the entire city including a free pint of Guinness. We also got a tour of the Trinity College seeing The Book of Kells and The Long Room. The main chamber of the Old Library is 65 meters long and stretches two stories high and looks quite impressive. EDSAvision Contest is becoming more than just tradition and having great fun. It took place on Thursday the 15th in a local karaoke bar preceded by a tireless afternoon of practicing the act in a hotel. Every country worked very hard, so the evening turned out to be amazing and everyone had a great time. After the show, every country gave their votes to the best performers and the final results were announced to us the following evening, when we took a bus from the hotel to a cozy country restaurant called Johnnie Fox's.



In the evening at Johnnie Fox's.



Official dinner.

Spain once again showed us all how it's done. They got the majority of votes and won the 1st prize, United Kingdom was 2nd, while Croatia and Slovenia shared the 3rd place.

On Saturday the 17th, we had a goodbye dinner held at a fancy restaurant called Fado. It was fantastic and the atmosphere was relaxing. Afterwards, we went to the nightclub Gaeity Theatre and shared some final thoughts about the whole meeting. It was then that I realized how everyone talked to one another as if we had all known each other for ages. At the same time, we could also sense how difficult it was to part from everyone.

I was surprised by how open and friendly everyone was, and because of that I'm really looking forward to the next EDSA Meeting in Cardiff to see you all once more. As soon as I departed for Zagreb I couldn't help myself thinking of how well the meeting went and how important it is for all dental students across

Europe to get together every year. Having lots of different cultures, opinions and views in one place at the same time and seeing how well it functions makes you wonder and the whole world seems a bit smaller than it really is.

Although English is the spoken language in Ireland I would like to say something in Irish, or Gaelic (Gaelige) the ancient Celtic language of the country spoken by about 5% of the population: Sláinte! (Cheers!) /slaunt-chuh/



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EDSA PROJECT PRELIMINARY REPORT

“STRESS PROVOKING FACTORS IN DENTAL EDUCATION”

During the proceedings of the 31st EDSA meeting in Belgrade, 1–3 April 2003, the General Assembly of the association approved unanimously the initiation of the “Stress provoking factors in dental education” project. It was an enthusiastic session, as many delegates considered the subject interesting and useful and numerous countries expressed their intention to participate in the survey. Further, a joint EDSA-ADEE workshop with this topic was organized in the ADEE Congress of Dresden (3–6 September 2003) with the participation of many representatives from both associations. During the works of the congress, a preliminary report was given as a paper presentation and included results from Athens Dental School, where the idea of the project was originally conceived, under the scientific mentoring of Assoc. Professor Argyro Polychronopoulou.

The aim of the study is to identify the stress provoking factors in the dental school environment and examine the effect of gender, year of study and educational system on the perceived sources of stress. The tool used for the survey, a modified IDES (Inventory of Dental Environment Stressors) questionnaire was developed in English, Greek, Spanish, Croatian and Romanian. The distribution took place in 11 countries and up to now, results are available from Croatia, Greece, Ireland, Slovenia, Spain, Sweden and the UK, totaling a sample of 1610 students who responded. The important contribution of the individuals who carried out the distribution and collection of the questionnaires in each country should be acknowledged (Table 1).

Preliminary results from the data analysis are in concordance with existing evidence in the literature, indicating that dental students are subject to numerous work-related and academic stressors that may adversely affect their physical and psychological health. The primary sources of stress seem to be related with assigned workload, performance pressure, self-efficacy beliefs, student-faculty relations and clinical training. Significant differences by gender and by year of study have been observed. Female students appear more concerned than their male peers in certain areas of dental education, however, socio-cultural factors may influence this

Table 1 Contributors and sites of data collection

Contributors (data collection)	Dental school	Country
Tamara Srkoc	Zagreb	Croatia
Kimón Divaris	Athens	Greece
Gavin Barry, Alex Crevan	Dublin	Ireland
Maria Balaj	Cluj-Napoca	Romania
Tadeja Ris	Ljubljana	Slovenia
David Puente, Ana Branco Paloma Valero	Santiago de Compostela ANEO	Spain
Veronica Zamorano, Christian Alfredsson	Malmoe	Sweden
Audrey McGovern, Jennifer Collins	Cardiff	UK

finding. Moreover, the transition from preclinical to clinical training seems to be a critical phase for dental students; the existence of anticipatory stress has been documented during the preclinical stage, and this may precipitate burnout symptoms that negatively affect both clinical training and future professional well-being.

Further, the impact of these factors seems to be related to the educational system implemented in different dental schools. Indeed, the diversity of the educational philosophies represented in the sampled student body entails dental students trained within PBL-driven curricula, 5-year and 6-year lecture-based curricula. It is therefore of great educational significance to assess the differences in the concerns of student cohorts with different attending systems.

This EDSA project reiterates that educational interventions may help reduce stress by eliminating inherent stress sources in the dental school environment. The reconsideration of traditional educational systems towards a more balanced, flexible and student-centred orientation should be a main priority. Balance should be sought in the curriculum designation: optimal workload must be addressed to each study level, so contextual and cognitive learning are achieved. Educational flexibility should be facilitated in such a way that studies are

adjustable to students' individualities, coping style and progress. A student-centred orientation will facilitate collaborative learning and interpersonal support among students, rather than competitiveness and depersonalization.

Equally significant is the acquisition by students of such skills, which would enable them to identify sources of stress, recognize personal stress reactions and learn to cope with stressful events. It should be noted that investigators have evaluated stress reduction programs for dental students, including specific courses, stress-reduction sessions, introduction to behavioural sciences, faculty-incorporated advising systems.

Although some of the high-rated stresses appear to be inherent in professional education and prevalent to diverse dental educational settings, a contemporary

dental school should address potential stress sources effectively. Multi-level interventions include the reconsideration of traditional curricula in the era of new pedagogical approaches and teaching methods that place students at the epicentre of the educational process. The establishment of counselling, the practical implementation of behavioural sciences and the introduction of stress management modules will facilitate the maximization of students' coping resources, and thus will contribute to the educational and professional well-being of dental undergraduates.

Kimon Divaris
EDSA President & Project coordinator
Athens, GREECE

EDSA MULTICENTER RESEARCH

Study of HIV-related knowledge and attitudes

A new EDSA research program aims to study the HIV-related knowledge, attitudes and practice of European Dental Students (EDS), to examine their self-reported compliance towards cross-infection control measures, and to determine sociocultural differences regarding the acceptance of seropositive patients. The project was initiated during the proceedings of the 33rd EDSA Meeting, in Santiago de Compostela of Spain, in September of 2003. The current working-team in this EDSA project is consisted by Houman Neshat (ACTA-Amsterdam) and Kimon Divaris (project coordinator, Athens Dental School).

A closed-type survey questionnaire was administered to dental students in clinical years of study, in different European faculties (ACTA-Amsterdam/The Netherlands, Athens Dental School/Greece, Cluj-Napoca Dental School/Romania). Several comparisons will be performed among different schools in order to assess the students' knowledge of HIV-related oral pathological entities, and pinpoint other significant differentiations.

Many European dental students are concerned about providing care for patients with HIV/AIDS. Their reluctance to provide care for these patients is a matter of concern, primarily because they are and will be the health care providers who can contribute to an early diagnosis of an HIV infection by identifying oral manifestations strongly related to it, like Kaposi sarcoma, oral hairy

leukoplakia, necrotizing periodontitis, etc. It is therefore important to examine their views about treatment.

We chose the HIV survey, because some aspects are controversial, especially when it comes to treating HIV patients. Some people think that a dentist may choose not to provide treatment, but others claim that it's their moral/professional duty. Professional obligations are not necessarily absolute, as they do not always determine what we ought to do; other obligations can sometimes outweigh them.

The most significant contribution we have is to expand the survey to as many European faculties as possible, and then compare results. We hope to be able to expand the survey to non-European countries, and especially to South America or South Africa, and then compare them with our results in Europe.

For more information please do not hesitate to contact us.

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ACTA



ADEE-EDSA WORKSHOP REPORT



STRESS – THE DENTAL STUDENTS’ OPINION

During the ADEE meeting in Dresden, Germany, in September 2003, Prof. Winfried Harzer helped organize the 3rd joint ADEE-EDSA workshop. This time the topic was “Dental students’ opinion on stress”.

Prof. Winfried Harzer (Dresden), Prof. Henk Kersten (ACTA, The Netherlands), Prof. G.M. Humphries (Manchester, UK), Prof. R.C. Goerter (Amsterdam, The Netherlands), Prof. Poehlmann (Dresden) honored us by agreeing to take part in the workshop.

EDSA was represented by Dr. Mark Flynn, EDSA president, Dr. Vasiliki Karathanasi, EDSA immediate past president, Kimon Divaris, EDSA secretary general, Dr. Neda Stefanovic, EDSA secretary general, Alex Creavin, EDSA delegate from Dublin, Ireland, Nebojsa Djuric, EDSA delegate from Novi Sad, Serbia & Montenegro, Benedetta Crovato, EDSA delegate from Brescia, Italy.

Besides EDSA representatives, several students from different students’ associations were present as well; amongst them were students from Brescia, Italy – Marco Lapo, Giuseppe, Chiara, Frederic, students from Malmoe, Sweden, Veronica and Kristian.

International Dental Students Association – IADS President Dr. Taskin Tuna also joined us in this workshop.

The workshop was initiated by the question on “Students’ opinion of what causes stress”. This triggered a very interesting discussion in which all of the students participated as well as the professors. Main stress provoking factors mentioned were:

- amount of classwork, workload
- exams and grades
- clinical training
- professional future and possible lack of competence in some fields
- responsibility for the patient
- student is in charge of everything,

(i.e. complete treatment)

- booking patients
 - beginning of clinical practice
- From the professors’ point of view some other elements appear as stress provokers, like perfectionism, student’s attitude towards his/her studies etc.

At this point the discussion moved towards aspects that augment stress among dental students. These are some of the possible causes:

- studying dentistry for the wrong reasons
- students work much slower and this makes them worry about what the patient is thinking since he/she is spending more time in the dental chair than usual
- lack of support from the supervisors
- students explained that they don’t get much assistance from the supervisors. Besides that, they are reluctant to ask tutors, supervisors and teachers for help and advice, since they are afraid that if they ask too much this could be held against them.

In the second part of the workshop, we discussed about the “possible measures for preventing stress”.

The first thing that was mentioned were the entrance exams. Prof. Goerter thinks that selection should be made and candidates should be evaluated whether they are capable of coping with stress. But how could one evaluate whether a prospective student is an adequate candidate for becoming a dentist when there are no appropriate instruments for that?

Different means of assessing future students were then discussed. Dr. Vasia Karathanasi explained that such entrance exams exist in Greece – in order to enter a military dental school one undergoes a series of different psychological tests. Supposedly this reduces the number of drop-outs.

Dr. Mark Flynn then gave another example – people who were very stressed and insecure at the beginning of their studies turned out to be very self-confident and vice-versa. This supports the hypothesis that entrance test might not be an appropriate tool. Other mentioned means that could help prevent stress were:

- professional therapists and group therapy for students who feel too stressed
- allowing students a certain liberty in modulating the studies
- creating the “perfect” working environment (some people prefer working alone, some need more people around)
- groups of students from different years of studies could be formed – they are able to help each other (e.g. regarding finding patients)
- limitations of workloads
- people should allow themselves to rest from stressful work
- no marks to be given before midterms and the end of semester
 - only pass or fail

At the end of the discussion we took the Mentor System into consideration. A question on who would be the ideal mentor was raised immediately.

Behavioral scientists?

Prof. Kersten agrees that an ideal mentor does not exist. The mentor system fails when marks are given for work done with the mentor. Mentoring should work as guidance. Since it is an important part of skill developing it should be made obligatory (not for the problem cases only.) The school should guide a student both through professional and personal development, because the way one gets along with colleagues and patients has a lot to do with education. Each month, the student would discuss with the mentor on what he had done and what was accomplished in the past month. A

specific portfolio, which would reflect what was discussed with the mentor and what was achieved, should be made. It would be a kind of self-assessment on everything. This would help the student to ask him/herself "Will this be my future?" With this, the workshop was ended. Once again, interesting issues, which were mentioned and discussed, and

questions that were raised, encouraged and provoked both students and professors to think more about not only the topic of the workshop, but also about how they could contribute to the improvement of dental studies' many aspects. Should you need more info regarding the workshop, please refer to the 32nd EDSA meeting minutes or contact me

at the following email address:
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Dr. Neda Stefanovic
EDSA Ex-General Secretary
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ADEE AND EDSA, A RAILROAD TO THE FUTURE

The Association for Dental Education in Europe is an organisation established to promote advancement in dental education and to foster convergence towards higher standards throughout Europe by disseminating knowledge and promoting quality assurance through peer review and site visits. During the last 28 years these activities have been the main focus of ADEE. More than 50% of all European Schools are members, and ADEE has become a serious partner in European dentistry with liaisons to other dental associations worldwide. One of the important influences in this development has been the success of the European DentEd and DentEdEvolves projects, leading to increased European collaboration and further growth in the number of ADEE members.

Next to these more internally oriented developments, there are two very important changes within European higher education. The first is the Bologna Declaration, in which the European Ministers of Education agreed that in 2009 a transparent European system of higher education should be implemented. The second development is the joining of 10 new member states to the European Community.

In order to be able to cope with these major changes, ADEE thinks it is necessary to continue its maturation process by

– inviting more schools to join ADEE

- finding additional financial resources to allow ADEE to become more independent
- giving ADEE an official status by registration and having a permanent residence
- gaining more political influence in European developments and legislation.

All of these four actions are now in progress.

One of the major activities for the coming years will be the third DentEd project, for which an application is submitted to the Commission of the European Community. In contrast to the two former projects ADEE will be a partner in the network and fulfil a leading position. The goal of this project is the harmonisation of dental curricula in Europe by actively working on the tuning of the Bologna process. The first step is to achieve agreement on the final competences for the graduating dentist in Europe, including the new member states of the EU. At the end of the project period ADEE must have placed itself in the position of a legal registered organisation, acknowledged by the European Commission as the representative of all European dental schools, and strong enough to take over all the activities and duties of the former "DentEd organisation".

Organisations like ADEE are strongly dependent on the availability of individuals who have the interest, time and energy, capability and dedication to

invest in the developments mentioned above. At the moment the average age of ADEE people is quite high. To create a pool of people ADEE can count on in the future, ADEE tries to attract younger teachers as participants in conferences, in educational courses especially for young teachers and by assigning young people in committees. In that respect the bond between ADEE and EDSA is very important. Past experience tells us that a student career in administration, representation and international contacts has a positive influence on/or a relationship with a university career. Students from EDSA now, are the teachers, professors and administrators of tomorrow. You, from EDSA have to replace the retiring members of ADEE. Within ten years about half of the regular participants in ADEE meetings will be replaced. You might see ADEE and EDSA like the tracks of a railroad converging to the horizon, without ever merging. They have parallel goals and interests but also their own right to exist. Next to EDSA's contribution to the annual meeting of ADEE it is the reason why it is so important to continue the cooperation between ADEE and EDSA. European students, ADEE is counting on you! See you in Murcia, Spain

Prof. Henk Kersten
Director Teaching Institute of ACTA
ADEE Treasurer

EDSA & IADS Dental students in action

The time that passed since the last IADS congress in Istanbul 2003 was very eventful. Lots of ideas, plans and aims, which came to our minds during the discussions in the last General Assemblies of Istanbul, could be tackled.

Now, after more than six months, an interesting development can be noticed:

It already started in Dresden, at the very informative congress of the Association for Dental Education in Europe (ADEE), where I met EDSA representatives involved in the work and discussions of ADEE. It turned out to be a marvellous meeting and an interesting exchange of ideas with Nikolaos Mattheos and Vasia Karathanasi (both ex-presidents of EDSA), with Kimon Divaris and lots of other EDSA representatives. Before leaving Dresden, we all decided to stay in close contact in order to probably realize something for both associations together in near future.

Of course, cooperation with EDSA had started much earlier. A working group had been formed, consisting of students from the International Federation of Medical Students' Association (IFMSA), the European Medical Students' Association (EMSA), the EDSA, the IADS and Taxila-Center for Medical Reforms and Research (India), in order to work on a joint publication, called MSI (Medical Students International magazine) under the topic "Anti-tobacco strategies". The editorial board consisted of Gefsi Mintziori

*IADS meeting
in Ljubljana,
Slovenia*



(IFMSA, Greece), Nick Schneider (EMSA, Germany), Maria Protopadaki (EDSA, Greece), Taskin Tuna (IADS, Germany) and Maulik Baxi (Taxila, India), while Panagiotis Alexopoulos (IFMSA, Greece) was in charge of the editorial coordination, the design and the layout. EDSA and IADS covered the field of Oral Health with diverse articles, reports and interviews, and collaborated so that the magazine reaches every dental faculty.

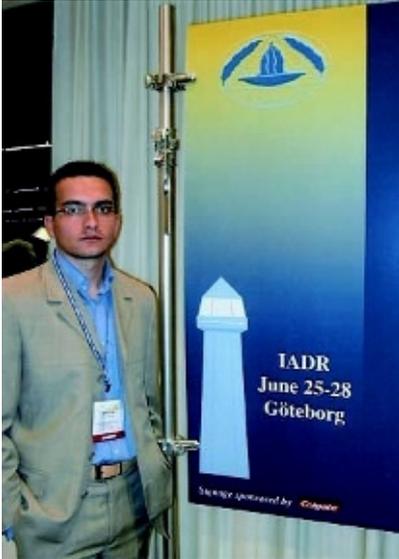
In the meantime, one of the most important aims of IADS became true at the beginning of this year, and that was to come to a closer cooperation with the Fédération Dentaire Internationale (FDI). After a long preparation, a meeting at the FDI Headquarters in Ferney/France took place, and Tobias Bauer, President of Young Dentists Worldwide, YDW, was also present. Most important conclusions of that discussion were the distribution of current IADS Newsletter by FDI and probably joint congresses of FDI and IADS in future.

Just a week later, IADS members

were invited to Ljubljana, the wonderful capital city of Slovenia, to hold the meeting. One of the 14 countries present was Greece, represented by Kimon Divaris who came as the Greek Neo and as the new EDSA President. In addition to the main topics of our General Assemblies, e.g., the International Students Exchange Programme (ISEP), the Voluntary Work Projects (VWP), FDI, Newsletter, etc., it was a great pleasure to listen to Kimon's very impressive lecture, introducing EDSA, its aims and projects. Finally, we decided to help each other in collecting data for two scientific projects that will be announced soon. From my point of view, the meetings in Dresden and in Ljubljana settled a good starting point for joint future projects between EDSA and IADS. I would be very glad to see the paths of both associations crossing more often.

Taskin Tuna
IADS President
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Is it a great experience for a student from Belgrade to present his scientific work at such an important congress? Of course it is!!

The 81st General Session of the IADR was held in Gothenburg, Sweden, at Svenska Massan Centar. IADR stands for International Association of Dental Research, and it includes the British, Continental European, Irish, Scandinavian Division and American Dental Association of Dental Research. For me, it was the experience of a lifetime where I had the opportunity to see the perfect organization of such an amazing gathering that was attended by more than 4000 dentists from all over the world. The IADR President, John Clarkson, the President Elect, Stephen Challacombe, and the Vice-President, Paul Robertson, were the organizers of this wonderful congress, where lots of participants had the chance both to enrich their dental knowledge and make great friendships.

The presentations were divided into sections, according to the topic, and the congress lasted four days. Still, that wasn't enough for the numerous visitors to attend and enjoy all the presentations they were interested in. Among the lectures that attracted most attendants' attention were:

“Mucosal Immunity: can we expect

THE I.A.D.R. EXPERIENCE

this health promoting defense system?” by Prof. Per Brandtzaeg – University of Oslo, Norway.

“Sponsoring Research in Developing Countries-An Ethical Framework.” by Prof. Sir Ian Kennedy – University College of London, UK.

If you are interested in any of these, or many more, I strongly recommend you to go to <http://iadr.confex.com/iadr/2003Goteborg/tech-program>, where you can check the abstracts in all fields.

For a student of the final year at the Faculty of Stomatology in Belgrade, the experience of going to the north of Europe, to Gothenburg, for the IADR congress, was more than any challenge. For the previous two years, I had been dealing with research on Pediatric dentistry, and, after that, I had the honor to win the first prize as the best student's research at my university, which was the “ticket” for the IADR congress, as well. Eventually, my research “Clinical evaluation of pit and fissure sealants” was accepted as one of the 3000 best presentations in the world for last year's IADR congress. The aim of the study was to evaluate the clinical efficiency as well as the occlusal prevention rate of two pit and fissure sealants. During the period of the research, I had continuing support by my assistant professor Vanja Petrovic, on every step. For the last two years, I have been working every day at the Pediatric dentistry department with my little patients, which was a great pleasure for me, of course.

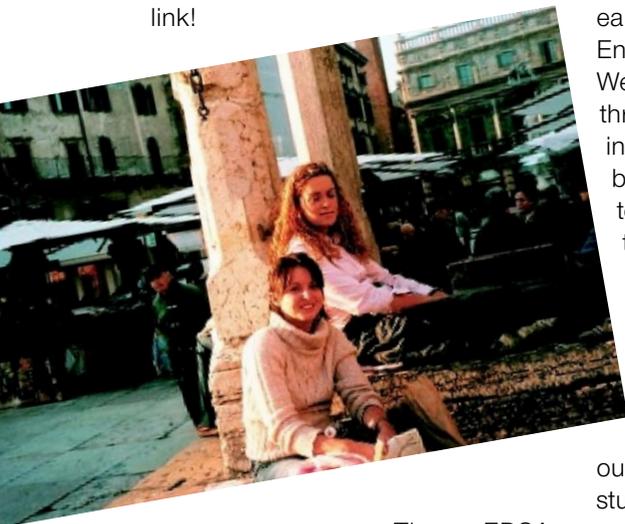
While in Gothenburg, I also got the chance to visit the historical nucleus of Gothenburg. This town embraces all the guests and makes their staying more pleasant with elements of culture and history. When Gothenburg was founded, on the 4th of June 1621, it was the fourth attempt to establish the “Gateway to the West”. The Gota River and the outlet into the North Sea increased its strategic significance. Having a guided tour around downtown, parks and gardens, I walked from Gothenburg Opera House to East India House and Gotaplatsen. I visited many interesting museums, such as the Museum of Medical History. Close to the Svenska Massan Centar is the Lisberg fun park and Univer-sum, where I spent my free time.

Let me recommend a couple of places you must definitely visit if you ever have the opportunity to visit this great city: The Gothenburg Art Museum, Gothenburg City Museum and Botanical Gardens; and you should also enjoy the life of the city in any of the many interesting cafés and restaurants on the Main Street. With all these unforgettable memories in my heart and mind, the desire to go back is really strong. If such an opportunity ever appears to you, just grab it; don't let it go...it's worth it!!

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EDSA EXCHANGE IN BRESCIA

When Prof. Paganelli of Brescia invited Audrey and me to visit the Dental Hospital in Brescia, we leapt at the chance! We gratefully accepted his offer and set out organising our great adventure! The plan: to do an EDSA exchange with their Dental Hospital in Brescia, Italy and experience dentistry italiano style at their Dental Hospital for a week. Of course, our covert objective was to establish an ERASMUS link!



The EDSA programme was set up last year, in order to help students to travel abroad, widening their horizons of knowledge and gain new experiences.

Brescia is a beautiful city situated in the heart of northern Italy, amongst a vast mountain range and a myriad of lakes. It is very centrally located with cities like Milan and Venice close by, providing the perfect location for us to arrange transport.

The air smelt fresh with the scent of

sweet vino when we first arrived! We were warmly welcomed by members of the EDSA committee. During our week in Brescia, we observed various different dental treatments and also learned to appreciate dentistry in Italy. Staff and students were very friendly and always made an earnest effort to speak to us in English.

We spent many evenings strolling through the many piazzas and tasting the local culinary delights and beverages! Mamma Mia! We also took the opportunity to visit local towns and cities like Bergamo and Padua, all of which were astoundingly beautiful.

On our final day in the dental hospital, we held a presentation and inviting all students to attend. There, we introduced our Dental Hospital in Cardiff to the students and spoke to them about our hospital and dental programme and the concept of Medclub!

In all, our EDSA exchange was very memorable and worthwhile. It gave us the chance to visit another country, and experience dentistry first hand in Italy, and we also made many friends. Another plus being that we have at last mastered how to make mean margherita pizza!!!

We would both like to



Our trip to Venice.

extend our many thanks to our Dean, Prof. Malcolm Jones, Dr. Richard Oliver and Mr. Mark Brennan of Cardiff, to Prof. Paganelli of Brescia, to our host Danielle and family and to our many friends in Brescia. Ciao!

We hope to see you all in Cardiff for our EDSA meeting in September 2004!



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Visiting Milan.



BIG BEN IN THE DENTAL CHAIR

To travel is to be free, to seek knowledge and special places that refresh and renew us. Anchored to the European continent by many strings, Great Britain has an intriguing and distinguished offer for either a commoner visitor or an expert in any scientific area. London, as a capital, occupies one of the most glamorous settings in the world. Beneath the concrete jungle camouflage, a traveler can feel a dynamic and vibrant multicultural society. Wandering the streets and alleyways, I enjoyed a slight but a constant breeze, which followed me to the river. Along the riverside of the Thames, I discovered many bridges that had been standing there for centuries. The breathtaking experience awaited me and lured me even further. Standing at Trafalgar Square, next to Nelson's Column, I was wondering which path I should choose. I was enticed by Westminster Abbey, The House of Parliament and Big Ben on one side and Buckingham Palace and Westminster Cathedral on another. The National Gallery and The British Museum were an exploration of its own. It was a journey to ancient civi-



lizations, which wandered through European, African, American, South American, Asian and Australian continents.

Barts and The London Queen Mary's School of Medicine and Dentistry is an exceptional place which offered me a wonderful experience in the Dental field. The Queen Mary Dental School is a major international research University that is part of the world-famous University of London. Located in East London, the local community benefits a great deal, by having such a leading institution in its neighborhood, contributing to its development and regeneration. Barts and The London School of Medicine and Dentistry consist of four sites at Whitechapel, Charterhouse Square, West Smithfield and Mile End. More closely, the school is situated behind the Royal London Hospital. The School has an extensive medical and dental library, computing and laboratory facilities, research institutes and clinics.

By the kindness of Dr Stephanie Dowker, the International Exchange coordinator, I was acquainted with a core curriculum that is pursued at the Queen Mary Dental School by the undergraduate students. I was also offered a chance to be present at the clinics for Restorative Dentistry, Periodontology, Oral Surgery and Pediatrics and observe the work of students and teaching staff. I had a meeting with Professor Paul S. Wright, the Dean of Dental School, to whom I presented the EDSA magazines and



Fellow-colleagues from the Queen Mary Dental School: Mr Shah, Rajabali, Longinović, Dunkley, Ms Pike, Mr Patel

talked about previous and future EDSA goals. I visited a local community dental clinic at St Leonard's Primary Care Center, which is specialized in offering dental care to people with special needs. By the kindness of Dr Clough, I was invited to visit a general dental practice in Chelmsford, Essex, as well. By the courtesy of Dr Chris Edwards and the British Dental Association, I was presented with The David Dibias Award that is available for applicants from Eastern Europe who wish to travel for an elective project in the U.K. and also for the students at the Royal London Dental School who wish to do an elective project in Eastern Europe. Harley Street, located in the city center of London, near Baker Street and Oxford Street, is well known as the street with excellently equipped dental practices. Thanks to Dr Ivana Radenovic, I had a chance to visit a few.

Nemanja Longinovic
EDSA Vice-president
Belgrade
SERBIA & MONTENEGRO

GREETINGS FROM HUNGARIAN DENTAL STUDENTS!

Do you like lively city centres, history, art, cultural festivals, parks, nice cafés, restaurants, exciting bars and music clubs? If yes, then Budapest, the heart of Hungary, is an ideal place for that! Both its unique geographical position and the historical monuments, beautiful buildings and bridges makes the city's panorama lovely, leaving lasting memories in every visitor's mind. Not only the capital, but also the countryside with its cultural sites, natural parks and lakes is very interesting to visit. For a dental student, Hungary is a temptation, not only for adventurous holidays, but also for useful dental experience.

Dental education at the Hungarian medical universities has a history of more than 150 years. Most of the students study in Budapest, at Semmelweis Medical University, which owns a distinct Faculty of Dentistry. Besides, significant number of dentists graduate every year from the Medical Faculty of University of Szeged, University of Pécs and University of Debrecen. The curriculum lasts for five years, after which candidates become Doctors of Dental Science. During the first two years, students are instructed in mainly general, basic subjects that are similar to those studied by general medical students. Clinical work starts in the fifth semester when dental students first meet patients. The Hungarian dental students established their national association in 1985, where they are represented by local delegations



from the four medical universities of the country.

Semmelweis Medical University in Budapest founded the Faculty of Dentistry in 1955. The first clinical institute of the faculty, the Stomatology Clinic, soon proved to be insufficient for the education of the growing number of students. Thus, in 1959, the Departments of Conservative Dentistry, Pedodontics, Orthodontics and Prosthetics were established. As a result of the reforms made around the mid-90s, the Department of Oral Biology and the Parodontology Clinic were formed, and new subjects, like Preventive Dentistry, Oral Diagnostics and Oral Medicine were introduced. In 2003, in order to live up to the standards of the European Union, the credit system was also brought in. Great achievements have been reached concerning postgraduate education as well as scientific research.

Apart from the Hungarian students, a significant number of international students apply to our university every year. Since 1970, the universities have widened their international

contacts with foreign dental faculties, clinics and research units. In this way, students themselves also strive to improve the international connections of our faculty with foreign exchange programs.

The International Association of Dental Students showed great interest in Hungary, thus in 1989 we became a member of IADS. In 2004, Hungary also joined the EDSA family. One of the most important aims of the Hungarian Association of Dental Students is to cooperate with other dental students' associations and help in the creation of a wide range of international connections. With this, we wish to support dental students and young dentists by providing them a good opportunity for practicing languages, and improving their professional and cultural knowledge.

We welcome enthusiastically everyone who is interested in visiting our country and our dental faculties.

Kinga Csadó
Semmelweis Medical University
3rd Dental student
Budapest, HUNGARY



DENTISTRY IN MOLDOVA

The State Medical and Pharmaceutical University “Nicolae Testemitanu” is the most prestigious institution of higher educational in Moldova. It was founded on the base of the St. Petersburg Medical Institute N. 2 (Russian Federation), which started its activity in 1883. During the Second World War, the Institute was evacuated to Kislovodsk (Northern Caucasus) and later transferred to Moldova being called “Chisinau Medical Institute”.

The Institute started its activity on the 20th of October 1945 having only one faculty – General Medicine with 180 lecturers, 13 departments, where 996 students studied. In 1959 our faculty – the faculty of Stomatology was founded.

In 1990, the Institute was named after Nicolae Testemitanu (1927-1986), a prominent scientist, teacher and a talented educator, a politician, Minister of Health, Honoured Scientist, State Prize Winner, Univ. Professor, Dr. Hab. In Medicine, MD, organizer with great experience in public health service. On the 25th of July 1991, the Institute was reorganized as the State Medical and Pharmaceutical University “Nicolae Testemitanu”. Now it comprises 85 departments where 900 lecturers work, including



17 academicians of the Moldavian Academy of Sciences, titular or honorary members of other states Academies (Romania, Russia, the USA, Poland, Ukraine etc), 483 PhDs and MDs in medicine, 13 State Prize Winners in the field of science and technology.

During the 40 years of the activity of the faculty of Stomatology, 3154 specialists have graduated from it. Now they work the whole system of health care in Moldova and abroad: USA, Canada, Germany, Greece, Belgium, Romania, Russia, Ukraine, Jordan, Syria, Israel, Palestine, Libya, Yemen, etc.

The level of training stomatologists was highly appreciated by the World Health Organization, which considered our faculty on the 24th place out of all the stomatological schools in the world. It was assessed by the European Committee “DentEd Evolves”.

Now, students from Moldova,

Romania, Ukraine, Russia, Germany, Israel, Maroco, Palestine, Syria, Jordan, Yemen, India, etc. are studying at our faculty. The students can study in Romanian (official language of Moldova), Russian, English or French. At our faculty, students study all the pre-medical (anatomy, biology, genetics, biologic chemistry, etc), general medical subjects (general surgery, ear – nose – throat, gynaecology, dermatology, public health, etc) and special subjects: stomatologic therapeutics, stomatologic orthopaedics, paediatric stomatology and orthodontics, oral and maxillofacial surgery. After university, you can specialize in all fields of stomatology, dental medicine or maxillofacial surgery during residency, doctorate and different recertification programs.

Victor Palarie
State Medical and
Pharmaceutical University
“Nicolae Testemitanu”
Faculty of Stomatology
Chisinau
REPUBLIC OF
MOLDOVA



THE MOST TOOTHLESS SMILE IN EUROPE

Portugal has the most toothless smile in Europe! How? Why?

First of all, the problem is cultural and educational. There has never been any program on dental education in Portugal. For Example, "Between a top model cell phone and a healthy smile, people prefer the first one!" Even public figures, with no financial problems, appear on TV with smiles full of "holes", because most people think that oral health is not a priority!

Secondly, our public health system doesn't include any dental care. The oral health of the Portuguese depends solely on the private sector. Not surprisingly, lots of people never go to the dentist until it is too late, when pain is not bearable anymore! Thirdly, the situation is even more serious when we consider that millions of Portuguese do not have access to dental care due to lack of buying power (a visit costs between 30 and 75 euros). The problem gets worse among the old, with one half of senior citizens in Portugal not having one tooth in their mouth! The pensions are so low that they can't cover the high expenses of dentistry. The lack of teeth results in problems of a psychological nature, such as isolation and shame. All in all, not a pretty picture.

The problem, though, is not a shortage of dentists. In a region where almost no dentists existed twenty years ago, there are now enough to attend the population. All of them are private and not cheap. The seven Portuguese dental schools

(three public and four private) now turn out about five hundred graduates in Dental Medicine. In a few years, the growth in the area will be out of control and this will bring serious problems.

The government also allows non-qualified dentists to operate legally. In a controversial decision the National Assembly passed a law legalizing all the dentists without certification, to carry on with their practice, with the dubious obligation to do a certain number of courses in a determined number of years. No one thinks that these so called dentists will ever do any courses. Many of them are semi-illiterate and some are too old to set foot in a classroom. Not surprisingly, the population with lower financial means prefers these "dentists" because they are cheaper.

Recently, the Assembly of the Republic approved a law that will make it possible to combat the shameless situation that is taking place in Portuguese dentistry, where hundreds of individuals practise with no academic training whatsoever.

Special recognition was given to these "professionals" in order to preserve acquired rights. Hundreds of candidates were left out, but in spite of this, they continued practicing dentistry. The European Commission has instituted a lawsuit against Portugal in the Justice Court of the European Communities, because it considers that the legislation regulating the profession of dentist vio-

lates the community directives on Dental Medicine. For the Commission, which is acting after a complaint from the order, the profession of "Odontologista", as it is defined in Portuguese legislation, has a "field of activity almost identical" to that of the graduates of the schools of Medicine and Dental Medicine. Odontology appears as an "alternative and competing" profession with that of dentist, when its professionals do not have the qualifications foreseen in European directives.

It is thus that the smile of the Portuguese goes!



André Almeida
Dental Student
Health Sciences Faculty
Fernando Pessoa University
APEMD Chairman
Porto, PORTUGAL

10th ANEO CONGRESS

Once more, dental students had a meeting point in the Congress that is organized every summer by the Spanish National Dental Students' Federation. This time, the scenario could not be more appealing: the event would take place in the magic city of Seville, crossroads of history, art, culture, and about which so many poems and songs have been written. The local students' association, AHEO, had been struggling hard throughout the year in order to obtain the most suited buildings, the most interesting conferences from prestigious professors of the dental universities, hands-on workshops, typical restaurants, activities for the leisure time, sport competitions... Indeed, the programme had been thoroughly designed, which is why the places for over 300 congress participants were rapidly filled.

It all started the 15th of July 2003, in the Engineer Superior School, the building where all the conferences would take place. Suddenly, the hall was full of people from all corners of Spain: Barcelona, Bilbao, Granada, Madrid, Murcia, Santiago de Compostela, Seville and Valencia. The room was flooded by laughter, cheers and conversation from students who had not seen each other since the last congress, colleagues from school or people who wanted to know every detail of the activities that awaited in the following week. The congress started with welcoming words for everybody, and the opening conference by Dr. Llamas Cadaval, the Dean of Seville's Dental University. After the first talks,



everybody went back to the hotel, in order to dress up for the opening ceremony, which would take place in the Seville's University's Rector's building. With the welcome cocktail, people could satisfy their hungry tummies and continue meeting their dental colleagues, with whom they would be sharing the rest of the week. The party continued at Casino, an old theater which is today a discotheque, where people could enjoy both dancing, as well as casual chatting on the lovely terrace.

During the following days, the activities' offer was both wide and interesting: besides the lectures on all the different dentistry fields, students presented their research projects in oral communications or posters, assisted in hands-on-workshops on dental ceramics and implantology, participated in a round table on Professional Perspectives or in a Journey in Oral Medicine... As you can see, the scientific offer was wide enough for every-

body to be interested in it, participate and even learn!!!

Of course, the social programme could not be outdone by the scientific!! On the first night, a very special dinner, of typical tapas in the traditional restaurant La Carbonerva in the city centre, was prepared for the congress people. Before going anywhere else, we enjoyed a wonderful flamenco show, with live music and dancing, which bewitched us all!! The other two nights, dinner was free for people to choose, so together with our Sevillian friends, we went to the famous Betis street, which lies by the Guadalquivir river, and where people from the city enjoy going "de tapas." This consists on having dinner by stopping at different bars, eating tapas and drinking typical drinks such as tinto de verano, rebujito or simply beer. As you can imagine, by the time you had eaten enough, one was also feeling happy enough to start partying!!!! And, of course the party contin-

Events in my country



ued!!! Some nights, we went to the discotheque La Torre, an open bar by the river, where people danced under the magic of the open night; others we went to La Playa, a disco placed on one of the pavilions of the EXPO the city of Seville held in 1992. In both of them, students from the congress had a chance to know each other better (I guess that the combination of the freedom of the night, the music and the alcohol helped people lose their shyness!!!).

Such an intense programme required

some time for people to rest from so many activities, the intellectual effort and the lack of sleep, so the organizing committee, who had thought of this too, also had planned a “free-day” for people to swim, sunbathe, visit the city or sleep!! Sport competitions, and a visit to Isla Magica fun-park.

Unfortunately, such a wonderful experience had to reach its end!! What is ironic about it is the fact that people even looked forward to the closing Gala Dinner, during which, the prizes to the winners of the sport competi-

tions, the students’ best oral communications and posters. It was also the time for people to say the last words, take pictures, exchange addresses and enjoy the last minutes of fun together!!

It is amazing how fast time goes by. For one year, a group of students had been struggling for this project to see the light, and, all of the sudden, it was all over. The stress, the worries when problems arose or documents could not be found, the fear that things might work out in the wrong way were now replaced by the satisfaction of a well done job. In the name of those who were able to enjoy this unrepeatable experience I would like to say THANK YOU to all of you who made it possible! Another congress had come to its end, but the experience of the moments lived, the laughter shared with the old and the new friends, and the hope to experience it all again next summer will stay with us for life!!!

Paloma Valero Remohi
ANEO President
EDSA co-editor
Valencia, SPAIN



EDSA Researchers

BEHAVIORAL SCIENCES IN DENTAL EDUCATION

For a long time, dentistry has been considered a restorative science, dealing exclusively with diseased oral tissues. Contemporary dentistry, however, is a “people’s sci-

ence”; in other words, the challenge is to provide treatment to individuals who are in need of it and offer primary and secondary preventive services, in a broader sense. In this

respect, it is essential that the dentist is equipped with the necessary knowledge and skills to develop efficient communication and achieve optimum patient motivation.

The relevance of behavioral sciences in dentistry had been explored already few decades ago; recently however, the interest and research on the practical application to dental practice and education has risen. In general terms psychology, sociology, social anthropology, economics, ethics and communication are included. Despite this wide spectrum of disciplines, the inclusion in dental education of elements of behavioral sciences is commonly regarded as an important addition; especially since, apart from delivering adequate treatment, the contemporary dentist must be able to communicate efficiently with his patient, and alter or modify his “dental attitude”. It is noteworthy, that the aforementioned effective dentist-patient communication and the ability of implementing the necessary psychological techniques (fearful, anxious or non-cooperative patients) are listed as prerequisites for practicing dentistry in the EU.

One of the major contributions of behavioral sciences to dentistry is the ability to offer understanding of the social factors underlying patterns of oral and dental disease. This is beneficial in both primary and secondary preventive care, as specific high-risk “behaviors” have been linked to the pathogenesis of oral disease and further, other patterns of positive behaviors have been shown to facilitate treatment success and longevity. As far as prevention is concerned, a methodical integration of aspects from psychology and sociology seem to be the cornerstone of the oral self-care model, which places the individual in the epicenter of his or her oral health maintenance. Equally important, other areas from behavioral sciences are valuable for the designation of oral health promoting community programs and the conduct of clinical research.

The emphasis given to behavioral sciences and the educational time allocated for relevant subjects in the curriculum vary significantly throughout the European dental schools, and this is well-documented by the DentEd reports analysis and other sources. Moreover, elements from psychology and sociology are usually incoherently included in different subjects and not in any clinical context. In spite of the diversity in the teaching of behavioral sciences, the following have been cited as best practices:

1. Move from role-play in the early years through to experiential learning at the chair-side in all disciplines in later years.
2. Use and analysis of video recording for group discussions with due care taken to ensure confidentiality and awareness of any legal implications
3. Development of the international dimension through exchange programmes and workshops led by international specialists and most importantly through recognition that foreign students in each dental school are an important source of cultural diversity.
4. Consolidation of experience in the final year through supervised clinical courses in comprehensive patient care where responsibility for all areas of patient welfare rests with the student.
5. Clarification of the application of behavioural sciences in the design and management of a typical dental practice.

It is apparent that the aforementioned best practices not only provide the opportunity for professional evolution, but may also function as stimuli for further personal development. Such an improvement in students’ communication skills is a sig-

nificant asset for efficient dental practice and, above all, for authentic interpersonal interactions.

Behavioral sciences offer the knowledge necessary for establishing a basic understanding of, and tools for modifying patient behavior. The fulfillment of contemporary dentistry’s aims depends upon the acknowledgment of the psychosocial dimensions of oral disease, so that a holistic intervention can be achieved: patient ease during and satisfaction after the effective treatment; indeed, for the achievement of this goal, behavioral sciences are more than essential.

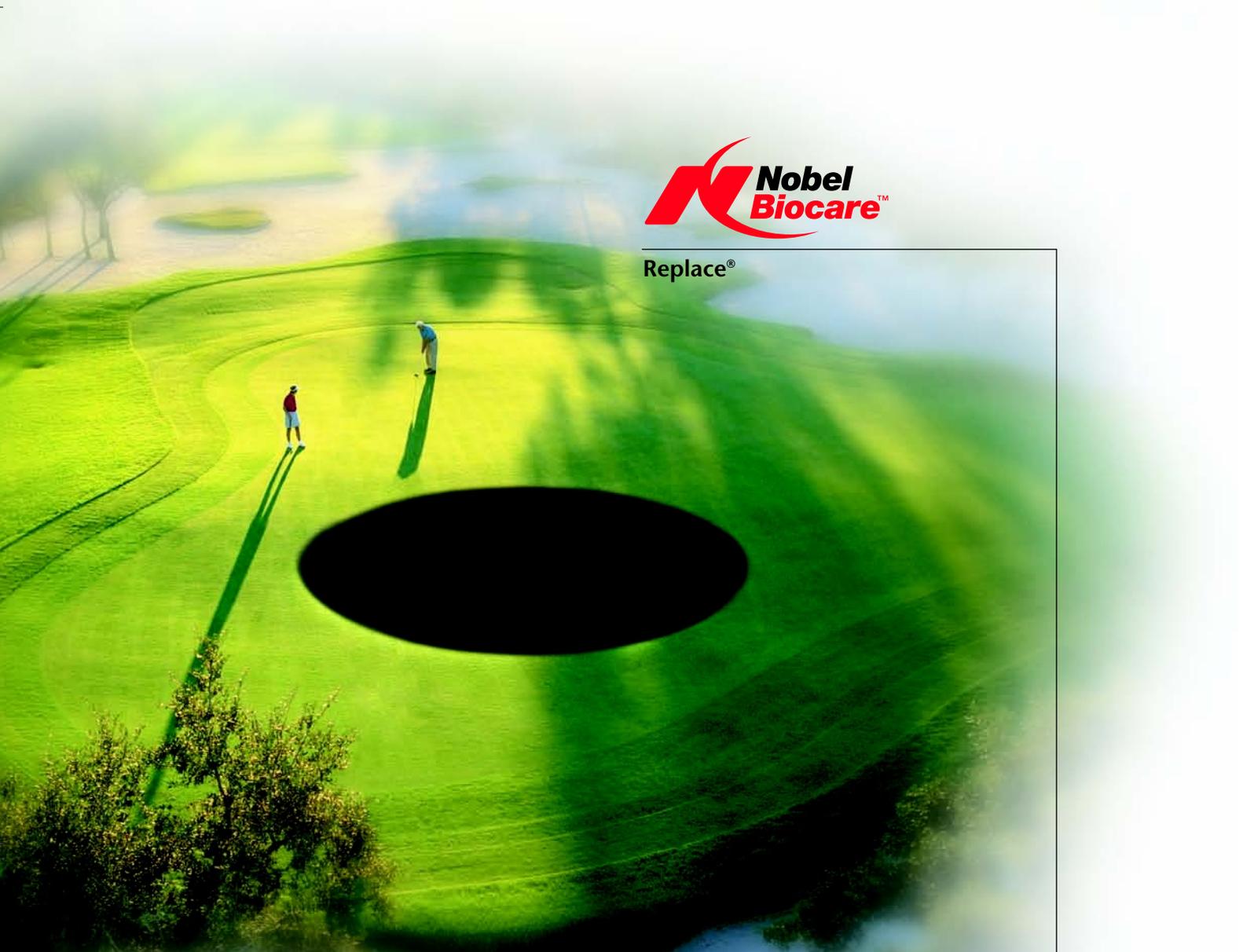
Zafiria Kakaletri
Kimon Divaris
5th year students
Athens, GREECE

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