



## Posture Course for the Dental Hygienists /Therapists

**Venue:** School of Dentistry, Education Wing including the Phantom Head Laboratory

**Date:** Friday 22<sup>nd</sup> January 2016

**Time:** 9.00am to 9:30am Arrival and Registration - Close at 4:30pm

This programme qualifies for 5.5 hours of verifiable CPD

### Speakers

Leigh Ann Randell: Dental Therapy Tutor, University of Liverpool, School of Dentistry

Deborah Paterson: Physiotherapist, Pilates by Physio

### Who Should Attend?

This course has been designed by experienced Dental Hygiene Therapists for busy practicing Dental Hygiene Therapists whose demanding work schedule may be causing poor posture whilst treating periodontal patients, forcing them to work incorrectly and as a result may now be suffering with musculoskeletal problems. The organisers understand the difficulties of hygiene therapists who may well be working under great pressure, frequently without a dental nurse.

**Aim:** To raise awareness of the correct working posture for Dental Hygienists/Therapists to prevent and manage musculoskeletal disorders (MSD).

### Learning Outcomes:

By the end of the event delegates will:

- be able to assess current working positions by use of a posture assessment
- be able to explain the impact posture has on working practice, finances, stress and wellbeing
- be able to identify ways in which musculoskeletal disorders can be prevented and managed by way of education and utilisation of exercises, dental loupes, surgery and instrument ergonomics
- have undertaken a practical session on correct working positions of both patient and operator

### Course Fee and Booking Details

This course is subsidised by Health Education North West. The subsidised fee for this event is £50.00 per person which includes a practical session in the Phantom Head Suite, a sandwich lunch and refreshments. Places on this course are limited to 12 and will be allocated on a first come first served basis. To reserve a place please follow the online payment link:

[http://payments.liv.ac.uk/browse/extra\\_info.asp?compid=1&modid=5&catid=65&prodid=498](http://payments.liv.ac.uk/browse/extra_info.asp?compid=1&modid=5&catid=65&prodid=498)

**Cancellation policy:** A refund, less £20 administration fee, is guaranteed for cancellations received up to four weeks before the start of the course **Thursday 24<sup>th</sup> December 2015**. No refund will be made for cancellations received after this date or for failure to attend. Substitutions fulfilling the criteria may be made at any time prior to the course start.

The course closing date is **Friday 8<sup>th</sup> January 2016**. If you gain a place but cancel after this closing date no refund will be given, but you can nominate another registered Dental Hygienist/Therapist to attend.

If you have any queries, please contact Alison Hawkins on email address [Alison.hawkins@liverpool.ac.uk](mailto:Alison.hawkins@liverpool.ac.uk) or 0151 706 5234 or Jill Normie on email address [jnormie@liverpool.ac.uk](mailto:jnormie@liverpool.ac.uk) or 0151 706 5028.