

Dental Postgraduate Department

**Time for a New You! - Wellbeing for the dental team  
(SW19-11-7-1)**

Date and venue:

Thursday 7<sup>th</sup> November 2019  
The Holiday Inn, Taunton

Course Organiser:

Lucy Silk

Course Lecturers:

Gerry Gallacher

**Programme**

- 18.00-18.30 Registration (a light buffet will be available)
- 18.30-20.30 Presentation – Wellbeing for the Dental Team
- 20.30 Close

**Aims**

To introduce those working in dentistry to the concept of Wellbeing.

**Objectives**

- Discuss the common cause of musculoskeletal pain
- Discuss how stress can affect the body and affect clinical decision making
- Demonstrate practical exercises that can help reduce the impact of stress
- Illustrate how exercises may be used to improve strength, flexibility and reduce fatigue at the end of the working day

**GDC development outcome:**

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The eGDC activity log suggests reflecting on the following during and after this course:

- What did you learn (or confirm) from the activity that was helpful or relevant to your daily work and patients?
- Did you identify any changes/updates needed in your daily work, and if so, what? How did you make these changes?

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- If you didn't identify changes needed, what did the activity confirm for you, that you may already know or be doing?
- What was the benefit to your work and/or your patients in carrying out this activity?