

BOSS Orthodontics course receives high praise

Dentists are raving about an orthodontics seminar recently hosted in Sydney and Melbourne by highly awarded and widely published researcher and specialist orthodontist, Dr Vandana Katyal.

The BOSS course (Best Orthodontic Seminars & Sessions) is one in a series of 'how to' courses in understanding and practising orthodontics in the dental setting, designed to up-skill dentists wanting to provide basic orthodontic treatments for their patients.

At the outset Dr Katyal set out to provide unbiased information on appropriate and sound interventions, using on evidence-based advice and not to promote particular techniques.

She is concerned at the trend where some orthodontic product manufacturers overseas are providing 'clinical' training in orthodontics to promote their products to dentists.

"There is also talk of 'DIY orthodontics' in the United States where patients 'self diagnose' and treat their own orthodontic conditions by buying appliances online without a professional diagnosis or treatment plan – in the same way they could buy a potentially harmful teeth whitening product for home use in Australia," Dr Katyal said.

Dr Katyal has devised the BOSS series to 'pay forward' the tremendous insights she was afforded by orthodontics and dental professionals during her research studies, and to help mentor those wanting to increase their knowledge and experience in orthodontics.

The BOSS course includes detailed clinical case presentations from specialists, hands-on practical sessions on bonding and installing orthodontic appliances and outlines how to perform appropriate interventions depending on the complexity of the case, chances of successful outcomes and the long-term best interests of the patients.

Importantly, the BOSS course also alerts dentists how to identify and refer on complex cases to orthodontists and other dental professionals, and is also up-front in showing what can go wrong in orthodontic interventions.

Other specialists in the area of endodontics, prosthodontics and paediatric dentistry joined Dr Katyal during the two-day courses to share their insights of paediatric cases, growth prediction,



malocclusion, dental trauma and the latest in oral appliances.

Course participants were full of praise for the excellent balance of in-depth theoretical and practical sessions, including the detailed clinical case studies presented by Dr Katyal and the guest speakers, Dr Mehdi Rahimi, Dr Jad Clarke and Dr Mark Johnstone.

A notable aspect of the BOSS course compared to other types of Continuing Professional Development (CPD) seminars was the small group size, which allowed plenty of one-on-one attention and also enabled questions to be answered and information to be tailored to individuals.

Course participants said they found the information very easy to absorb and that it gave them confidence to apply what they learned during the course in their own dental settings afterwards.

While it enjoys some sponsorship support, another significant aspect of the BOSS course is that is not directly aligned with any dental suppliers and does not actively promote a particular brand of equipment, type of treatment or orthodontic appliance.

NSW south coast dentist, Dr Wen Chao Liu, said he found the input by Dr Katyal and the experiences shared by the specialist speakers very valuable and relevant to his work.

"I found Vandana's 'helpful tips and tricks' that she has accumulated during her years of work particularly useful and Vandana also offered ongoing support and mentoring and is generally very quick in answering follow-up enquiries.

"A variety of techniques were presented, including ones not commonly practiced in Australia. I have already put into daily practice some of the techniques that were taught to us."

Dr Liu added that the course has given him increased confidence in presenting his

treatment plan to patients: "I've learned to individualise treatments to each patient to achieve an outcome that is in the best interest of the patient."

Dr Liu also appreciated the fact that the course was not openly promoting a particular product like others he had attended. "Although there were sponsors, no specific supplier or product was ever pushed on us during the course and we didn't only see 'perfect' outcomes in every case, but some of the actual challenges you face performing orthodontic treatments," Dr Liu said.

Sydney dentist, Dr Allison Chiu from Erskine Park Dental in Western Sydney, agreed, saying some of the things she learned had either reinforced or challenged her previous beliefs.

"I have been practicing orthodontics in my GP practice for over three years now and found the specialists' presentations and practical sessions particularly useful and very relevant to every day practice.

"For example, the 'photo taking' workshop is not just good for orthodontics, but for general documentation. Also the wire bending takes a lot of practice to get it perfect and the ClinCheck® software is something you must master if you want to venture into Invisalign® treatments."

She also found the session by Endodontist, Dr Mark Johnstone, about the informed consent process relevant for all areas when treating complex cases, not just orthodontics.

"Overall the new knowledge makes me feel more confident practising orthodontics so I can help more patients," Dr Chiu said. ♦

For further information on forthcoming BOSS CPD courses visit:

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