

Post Operative instruction following a dental extraction

Bryants Dental Practice

Introduction

The Sustainability matrix is a Self-Evaluation Tool to allow the team to focus on improving sustainability in the practice. Using the matrix enables everyone in the practice to think about sustainability in the 7 areas or dimensions. These are laid out on a grid and will cover the following topics:

- Waste management
- Energy
- Travel
- Procurement
- Biodiversity
- Prevention & promotion
- Education & training

The dimensions are designed to raise awareness about sustainability in dental practice and the contribution the profession can make to achieving net zero.

During the Sustainability Engagement Matrix session, the dental team appointed a Sustainability Champion, Julie and identified that there are a significant number of extractions in the practice every week. At every appointment when a tooth is extracted, the patient is given a “Post operative instruction” paper sheet which is a waste of paper and printer ink.

Paper production and disposal can also negatively impact the environment through deforestation, water and energy consumption, and pollution. The carbon footprint of an office paper from cradle-to-costumer is approx. 5g of CO₂.

Problem statement

- Every patient in the practice who has a tooth extracted is given a “Post operative instruction” paper sheet which is a waste of paper and printer ink.

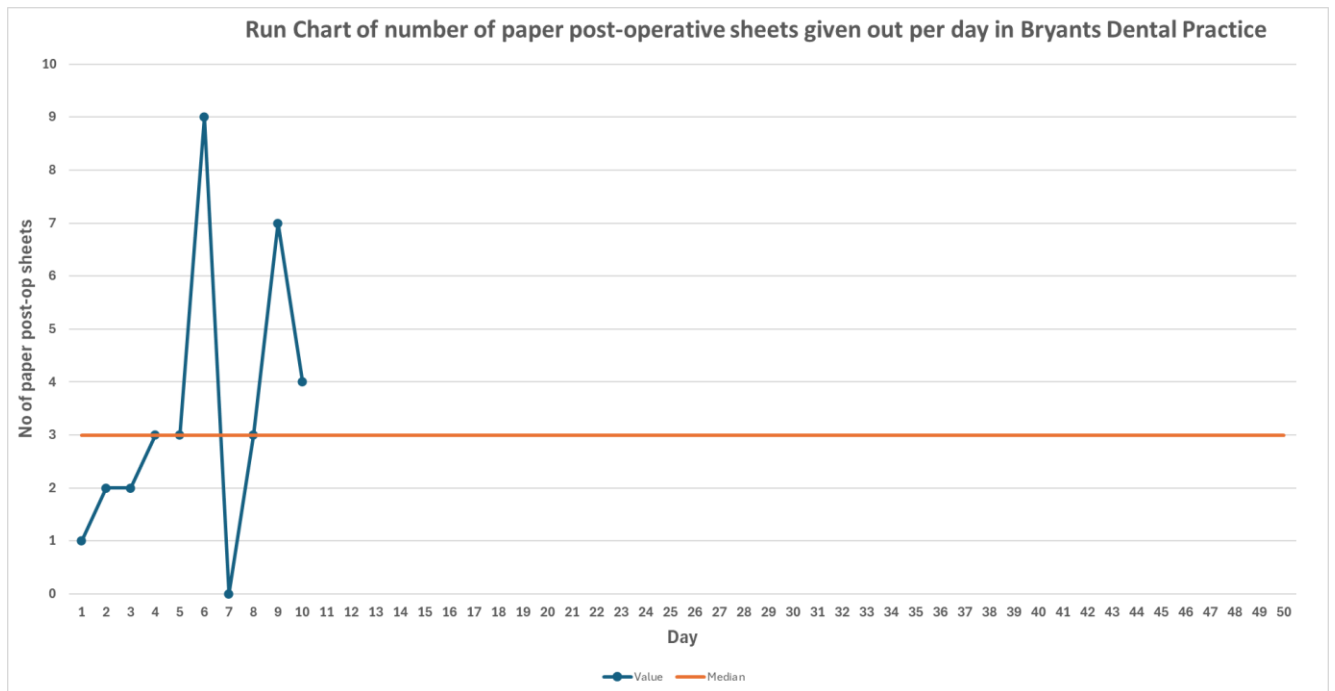
Aims statement

- To reduce the number of “Post operative instruction” paper sheets given out in Fountain Dental practice to patients who have had a tooth extracted per day from 3 sheets to 1 sheet by 31st May 2025.

Outcome measure

- The number of “Post operative instruction” paper sheets given out in Bryants Dental practice to patients who have had a tooth extracted per day.

Baseline data



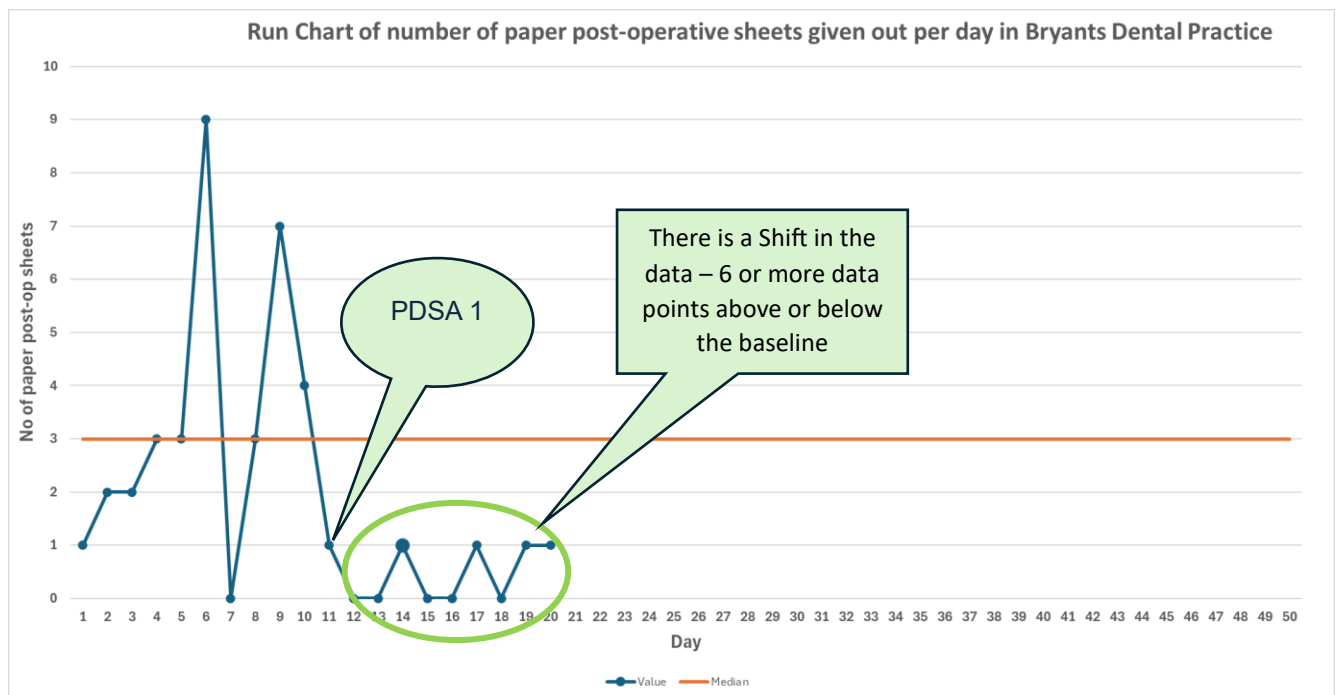
There is random variation and the median is 3.

PDSA cycle 1

- To introduce a QR code in Bryants Dental Practice to allow patients who have had a tooth extracted to download “Post operative instruction” sheet to the patient’s mobile phone.



Run chart following PDSA 1



Reflection by the Sustainability Champion, Julie

At Bryant Practice our project was a QR code for post op extraction instructions, replacing the paper copy we currently use.

We planned a team meeting to discuss all aspects of sustainability and our challenge ahead of us. QR codes were made and placed in each surgeries giving easy access for all patients.

Each surgery had a record book to keep tally of paper/QR codes used with reason as to why paper was chosen over QR Code. This was reassured over a two-week period and the results were discussed after this.

We found that the internet connection wasn't very acceptable so patients couldn't download. Some patients don't have up to date smartphones/technology to access this information via the QR code.

Most patients used the QR code provided, and the outcome was very successful, and patients were happy.

If there was no internet or patients didn't have smart phones, we were encouraging patients to take a photo of the instructions, so paper copies weren't given to help with the project.

On conclusion the QR codes have been a huge success and will be continuing in the future. We are also in the process of producing QR codes for other treatment/instructions available at the practice eg Oral health advice/instructions. Hopefully this will be a success too.

Having taken part in this sustainability project our team at Bryants have made a conscious effort and been motivated to look at what we can do at work and at home to improve and reduce waste.

At present we have a lovely garden area and just purchased garden benches from too good to waste which is a recycling/reused shop and planning on making a vegetable/fruit patch so staff members can make use out of and maybe a sunflower competition for the staff members.