

## **Post Operative instruction following a dental extraction**

Cefn Coed 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, Michelle 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 CO<sub>2</sub>.

### **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.

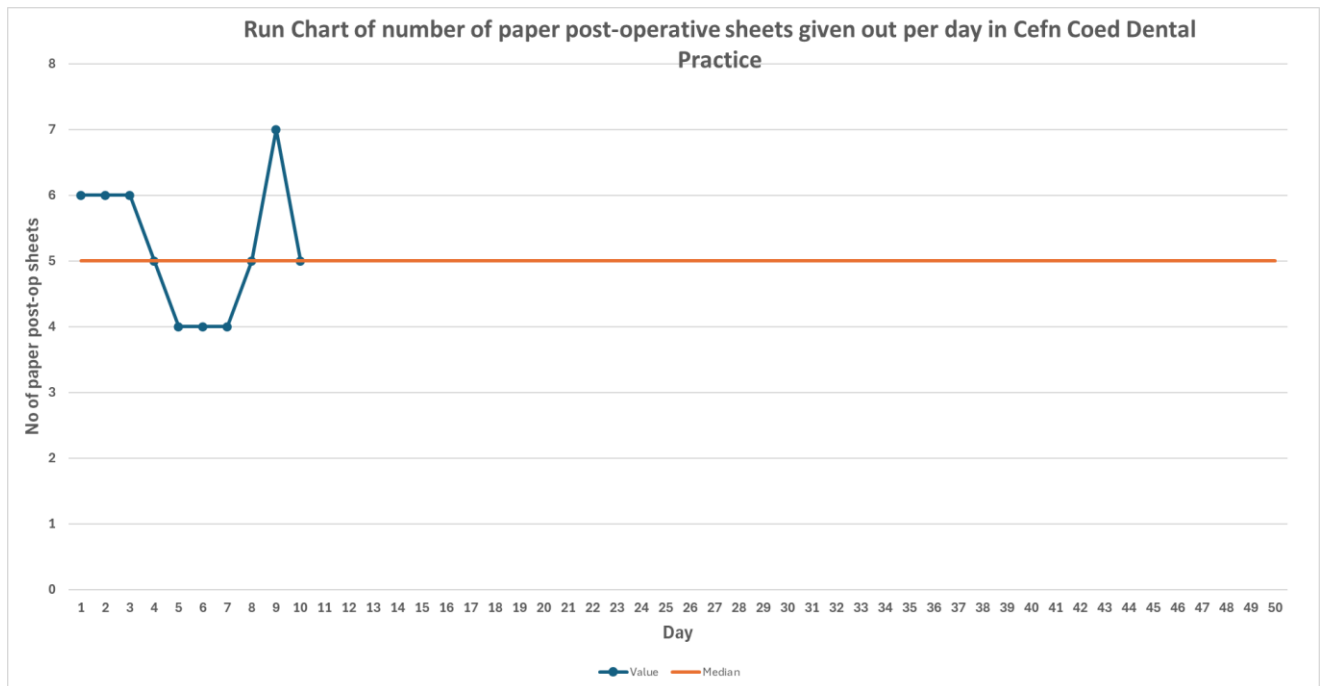
### **Aims statement**

- 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 5 sheets to 3 sheets by 31<sup>st</sup> May 2025.

### **Outcome measure**

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

## Baseline data



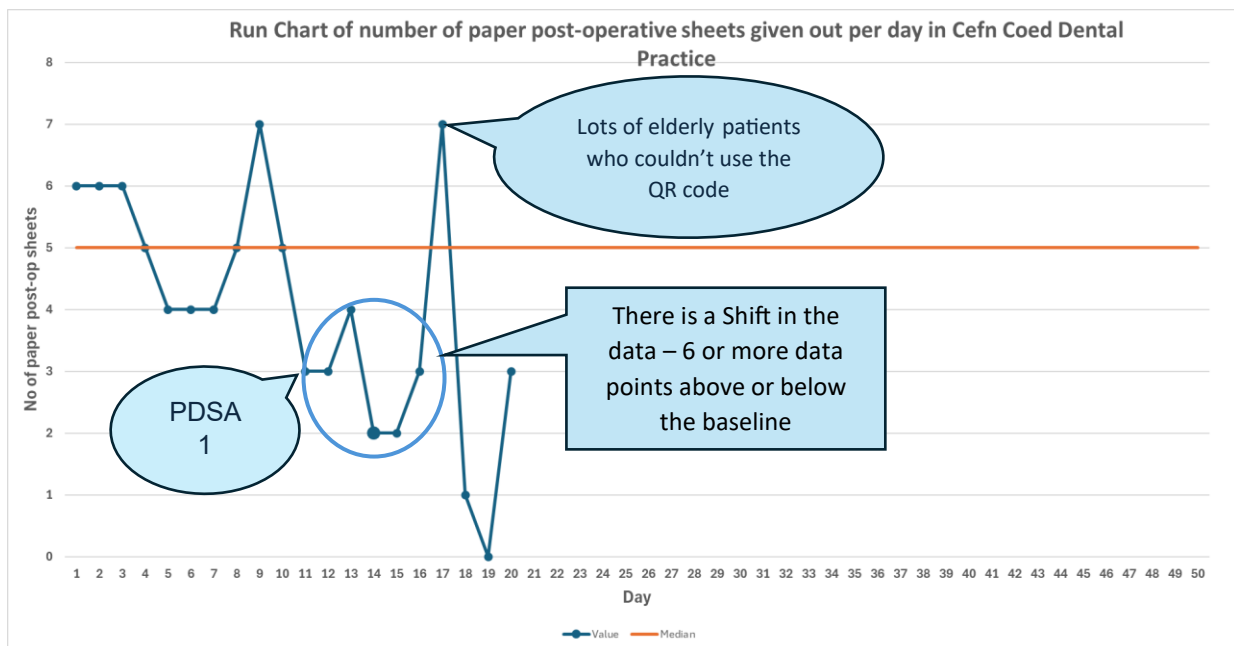
There is random variation and a median of 5.

## PDSA cycle 1

- To introduce a QR code in Cefn Coed 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, Michelle

There were a few selected practices in Wales to take part in the sustainability project, ours at Cefn Coed was lucky to be picked and we have all embraced it enthusiastically and approached it from what we think are all angles.

We started with a meeting at the practice, and I volunteered to be the "sustainability champion" for our practice. I took away the information from that meeting and implemented what I had learned straight away. I set a plan in place to gather all the information about extractions and tallied up how many paper instructions were provided before introducing a QR code. All the dental nurses were involved in gathering the data, we had a sheet in each surgery. This was our base data. We then tallied up how many patients opted for the paper or QR code. All of this was collated and put onto a graph to show how we compared.

The patient's reaction differed depending on the age group, whilst the younger generation readily accepted the scanning of the QR code the older generation did not take to it quite so easily, myself and the dentist tried to guide them on how to do it with their phone but 90% of the elderly patients would not attempt to give it a go so our actual percentage of this trial was 50/50. Even though it worked out practically even at this end point we have still made a lot of ground with this, as before it was all paper instructions with swab to take away therefore it has leapt up by 50%. with better Wi-Fi and help on reception/surgery to achieve our 100% goal, I strongly believe it can be done and would be a massive saving on paper. The difference in data therefore by starting this scheme was a saving of over 50% which is amazing.

The only barrier which I could see was the age/era difference which can be overcome especially as I believe that practices will eventually have a clini pad in reception to help everybody achieve this final outcome which is obviously a massive help to sustainability as this is an ongoing global crisis. We now try not to give plastic cups as these are not environmentally friendly either, so we rinse with the 3 in 1 and suction it up.

So the conclusion would be all of the above implemented and also our own personal QR code in the practice which we could then send out to the patients on the day of their extraction once they had signed in on the clini pad. We could also have a laminated print out of the information so patients could take a photograph of it. This could also be sent via e-mail.

Whilst this was being done I had already spoke to my practice manager about safety plus syringes and how some practitioners preferred to us the standard self-aspirating. We have a risk assessment in place to allow the operator to use what they are comfortable with and make sure needle re-sheathing devices are available at point of use so the needles can be re-sheathed safely. This has reduced the number of disposable safety plus syringes being used so this is very much a start to a more sustainable working ethics.