

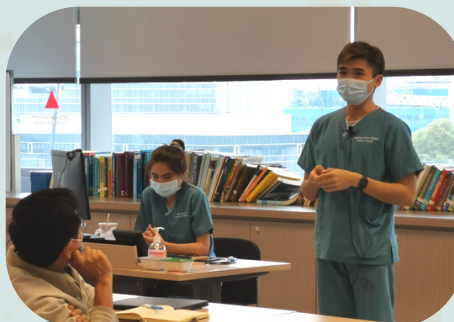
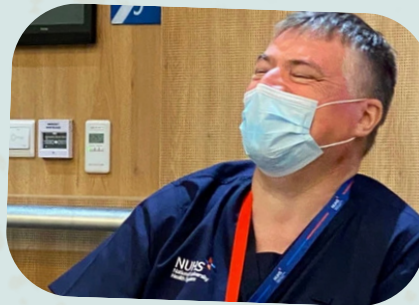


Bringing you the latest happenings at the Faculty of Dentistry

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Acting Dean's Message

This year, we are relaunching the *Dental Mirror* to complement our existing communication efforts and keep colleagues abreast of the latest happenings and activities in the Faculty.

Much has taken place over the last nine months. Through the pages of this issue of the *Dental Mirror*, we celebrate the progress of the Faculty as we advance our core functions in line with our mission.

On the education front, we continue to support our students from the Bachelor of Dental Surgery, Master of Dental Surgery, Master of Science and Doctor of Philosophy programmes to ensure that they are practice-ready and able to graduate in a timely manner despite the challenging impact of the COVID-19 pandemic. The Faculty has also put in considerable effort to develop and roll out a repertoire of professional development programmes to provide quality continuing education training to oral healthcare practitioners in Singapore. One example is the SkillsFuture workshops which drew great interest among the fraternity who engaged enthusiastically in various continuing dental education activities.

Internationally, the DentAlliance network has allowed us to collaboratively expand and extend our impact on Dentistry. By working closely with our partners in King's College London, The University of Melbourne and The University of North Carolina at Chapel Hill, we have been able to share ideas and champion initiatives to transform education, research and clinical care both locally and globally.

In the community, we remain committed to engaging various stakeholders to heighten oral health awareness. Over the past months, our students, staff and alumni have been actively reaching out to targeted groups including parents, preschoolers and migrant workers to provide useful dental tips and guide them in managing their oral hygiene.

While we celebrate our progress, we are happy to also honour the successes and achievements of our colleagues who have propelled our standards in education and research and were duly presented prestigious awards for their efforts.

Our achievements, despite the challenges of the COVID-19 pandemic, are a testament of everyone's tireless efforts and contributions towards helping the Faculty achieve its mission.

I hope that the collection of short write-ups in this issue chronicling our work will serve as an encouragement and inspiration for us to make a difference in the Faculty and community.

Mun Loke

Professor Patrick Finbarr Allen's Farewell

Professor Patrick Finbarr Allen concluded his deanship with the Faculty in June 2022.



Prof Allen at the opening of the Oral Care, Health Innovations and Designs Singapore (ORCHIDS) research centre.



Prof Allen at the Faculty's 90th Anniversary Dinner.

In his role as Dean of the Faculty, Prof Allen steered the Faculty to greater heights across the domains of Education, Research and Clinical Services. He was a great supporter of innovation and discovery, constantly providing guidance and encouragement for the Faculty to explore new ways of delivering dental education, research solutions and clinical care to meet the evolving needs of the population. Some examples include launching the Oral Care, Health Innovations and Designs Singapore (ORCHIDS) research centre to support the development of new concepts and technologies in dentistry, co-leading the National Adult Oral Health Survey to analyse the implications of individual lifestyles and habits on overall wellbeing and establishing DentAlliance, a network of four dental schools to advance and transform research, education and practice in dentistry internationally.

Prof Allen also concluded his appointment as Director of the National University Centre for Oral Health, Singapore (NUCOHS) on 30 November 2021. As Director, NUCOHS, Prof Allen was pivotal in elevating the level of oral health services offered in NUCOHS. The national centre thus saw its patient attendance increasing since its official opening in FY19. It also consistently achieved high ratings in the Patient Experience Survey since 2020.

Associate Professor Patrick Tseng succeeded Prof Allen as the new Director NUCOHS from 1 December 2021. Dr Wendy Wang was also appointed to the role of Deputy Director, NUCOHS while Associate Professor Wong Mun Loke assumed the role of Acting Dean for the Faculty from 1 December 2021.

AWARDS

Congratulations to our award recipients.
Thank you for keeping the Faculty's flag flying high.

Associate Professor Fu Jia Hui (left) was conferred the NUS Annual Teaching Excellence Award 2022 while Dr Lim Li Zhen's (right) team achieved the NUS Annual Digital Education Award (ADEA) 2022. Assoc Prof Fu and Dr Lim were recognised for their efforts in infusing innovative pedagogies such as the use of technology to enhance students' learning of Periodontology and Oral Radiology respectively.



Assistant Professor Nileshkumar Dubey and his team were awarded one of the three winning initiatives at the Interstellar Initiative 2021-22 for their project on the development of a non-invasive saliva biomarker to detect cardiovascular disease. The award recognises the world's most promising Early Career Investigators and provides incentives and opportunities to connect peers from related but distinct disciplines to address global societal challenges.

MPhil student Ms Priti Pragati Rath won the International Association for Dental Research (IADR) / KULZER Travel Award for her work on Solid Lipid Nanoparticles (SLN) carrying Acyclovir, a low soluble drug. The solution based SLN allows the slow release of the drug Acyclovir to treat Herpes Simplex Virus (HSV). This decreases the frequency of intake of the drug per day, reducing chances of chronic toxicity in individuals while maintaining its effectiveness.



AWARDS

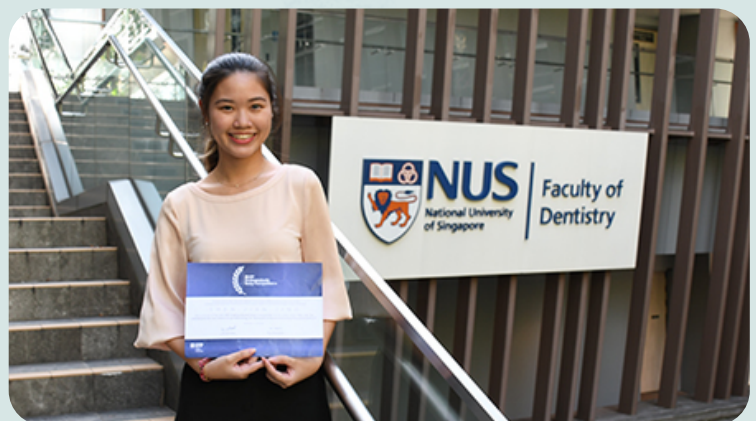
Dr Boey Sean Kuan's innovative idea to empower patients to monitor their dental health status clinched second prize at the European Federation of Periodontology Innovation Award. Her winning project enables patients to use fuss-free intra-oral scans to review their dental health via their smartphones.



Dr Gabriel Lee won the International Association for Dental Research Geriatric Oral Research Group (IADR GORG) Pre-doctoral Award at the IADR 2022 conference with his research topic, "Facilitators of Nursing Home Oral Healthcare in Singapore: Dentists' Perspectives". Through his research, Dr Lee hopes to establish a better system of finance and dental resources to enhance oral healthcare in nursing homes.



Ms Shen Jia Jing, a third-year Bachelor of Dental Surgery student, won the 2022 European Federation of Periodontology (EFP) Undergraduate Essay Writing Competition around the topic "How can the clinical practice and science of periodontology be developed to ensure environmental sustainability?" Read her winning essay [here](#).



SkillsFuture Singapore Workshop Series

The Centre for Advanced Dental Education (CADE) leveraged SkillsFuture Singapore (SSG) funding to provide quality continuing education training to oral healthcare practitioners in Singapore. Four specially curated workshops were successfully conducted between March 2022 and June 2022.

Restorative Workshop Series

Series 1 (19 March 2022)

Management of Deep Caries - Vital Pulp Therapy or Root Canal Treatment

Facilitator: Dr Ode Wataru



Series 2 (30 April and 7 May 2022)

Restoring Tooth, from Apex to Crown

Facilitators: Dr Wendy Wang, Dr Ode Wataru, Dr Frank Lee and Dr Christopher Quek



Series 3 (4 June 2022)

Managing Challenging Cases in Elderly Patients

Facilitators: Dr Joanne Uy, Dr Tay Chong Meng and Dr Tan Mei Na



Workshop on Communications and Behavioural Management

(18 June 2022)

Promoting Oral Health Through Behavioural Change - the Potential of Motivational Interviewing

Facilitators: Associate Professor Wong Mun Loke, Associate Professor Gao Xiaoli and Mdm Hor Chuen Yee



Dental Screening and Health Education for Migrant Workers

The Faculty engaged the migrant worker community through a range of activities. These included a collaboration with HealthServe and Saw Swee Hock School of Public Health (SSHSPH) as well as another one with the Ministry of Manpower's Assurance, Care and Engagement (ACE) group. Staff, students and alumni made their way to Terusan Recreation Centre (collaboration with HealthServe and SSHSPH) as well as Penjuru and Cochrane Recreation Centres (collaboration with MOM ACE) in May and September 2022 respectively.

Through these activities, over 600 migrant workers received an oral health screening followed by oral health education. The undergraduate students proactively offered the migrant workers advice about brushing, flossing and maintaining healthy lifestyle habits.



"The session made me more cognisant of the needs of migrant workers and how we could contribute by providing oral health support through screening and education. I am glad to be able to collect data on their dental health awareness and share with them how they can make certain adjustments or enhancements to their daily oral health habits to mitigate against perennial risk of caries and its follow-up consequences," added second-year dental student Mr Wang Kang Rui.



"As we did not have the best facilities and lighting at the screening event, we had to rely solely on clinical signs and symptoms to diagnose each worker's dental conditions fairly so they could receive proper treatment. The language barrier also challenged our communication skills - verbal and non-verbal - to deliver care and reassurance to our patients. The screening exposes us to a population that we rarely come across in our daily practice due to the high cost of care and makes us realise that treatment needs are actually much higher than what it is in our working environments," shared alumna Dr Joey Lee.

Class of 2022 - Commencement



We gathered to celebrate the achievements of the Class of 2022 at the NUS Commencement ceremony held on 9 July 2022.

Graduates from the Bachelor of Dental Surgery, Master of Dental Surgery, Master of Science and Doctor of Philosophy were presented their scrolls at the ceremony.

We are extremely proud of our graduates and wish them the best as they proceed to the next chapter of their lives.



Commencement and Welcome Dinner 2022

The Faculty welcomed its Class of 2022 graduates back for a dinner held at the National University of Singapore Society's Kent Ridge Guild House on 27 July 2022.

Acting Dean and Vice Dean (Academic Affairs) Associate Professor Wong Mun Loke started the dinner with an Opening Address where he congratulated the Class of 2022 as well as welcomed them to the FoD alumni family. Certificates were then presented to the Class Ambassadors by Associate Director Alumni Relations Dr Betty Mok.

Graduates enjoyed the rest of the evening bonding and catching up over a sumptuous buffet dinner.



Rag and Flag Day 2022



Our students demonstrated the spirit of giving back to the community by bagging the “Flag Gold” and “Rag Silver” awards at this year’s National University of Singapore Students’ Union (NUSSU) Rag and Flag Day.

On top of going all out to garner donations from the public through the Flag campaign, students also put up a vibrant performance at the Rag Day held on 6 August 2022.

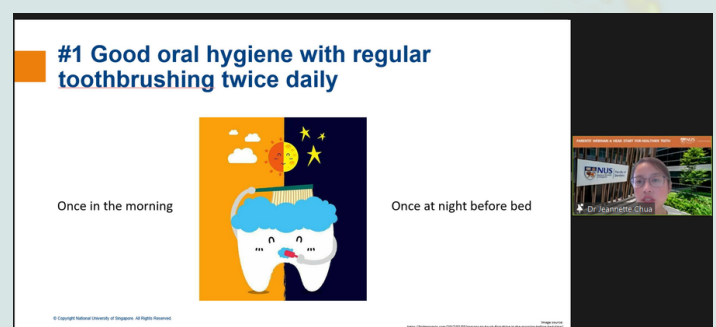
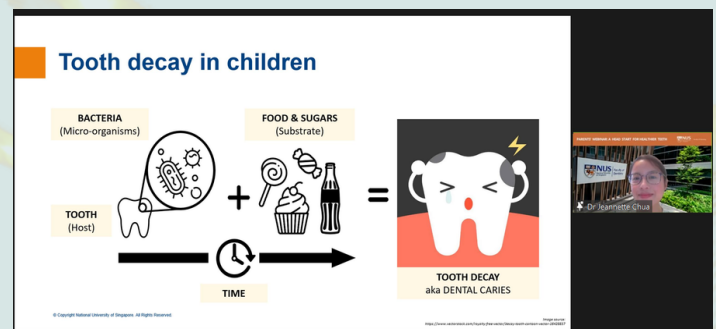
“Coming from the smallest faculty, I think the theme for this year’s RAG - “Against All Odds” - is apt in describing how we do not let our size limit our ability to shine on stage and show our presence once again after two years”, said one of our student performers, Mr Silvester Chew.



Parents' Webinar: A Head Start for Healthier Teeth

Parents from PCF Sparkletots Sengkang attended a webinar titled “A Head Start for Healthier Teeth” conducted by our alumna and Paediatric Dentistry Registrar at the National University Centre for Oral Health Singapore (NUCOHS) Dr Jeannette Chua on 3 September 2022.

At the session, parents gained valuable insights on some common oral issues among young children and learned more about how they could care for their children’s teeth through toothbrushing, avoiding unhealthy feeding practices, maintaining good oral hygiene habits and consuming a healthy diet.



My First Skool Oral Health Outreach



The Faculty organised an outreach session at My First Skool (Blk 54 Chin Swee Road) on 5 September 2022. The visit titled, 'My First Skool Oral Health Outreach 2022' was conducted by three of our alumni, Dr Ishreen Kaur Dhillon, Dr Quak Su Lin and Dr Gan Joe Yin.

Through captivating storytelling, colouring activities and more, the visit brought dentistry to life by demonstrating how dental tools are used and how visits to the dentists are conducted. Pre-schoolers also learned how to care for their teeth and practise healthy oral habits such as good toothbrushing techniques.

"Toothbrushing twice a day with a fluoridated toothpaste and reducing the consumption of sugar containing snacks were important takeaways from this preschool outreach programme. Awareness at an early age can develop good oral habits that can last a lifetime!" shared Dr Ishreen.



Basic Course in Dental Implantology (Series 1)

The Faculty conducted the Basic Course in Dental Implantology (Series 1) from 4 July to 2 September 2022.

The course helped participants to understand more about dental implants as a treatment option. Besides gaining theoretical knowledge, participants also learned to apply their skills through hands-on sessions.

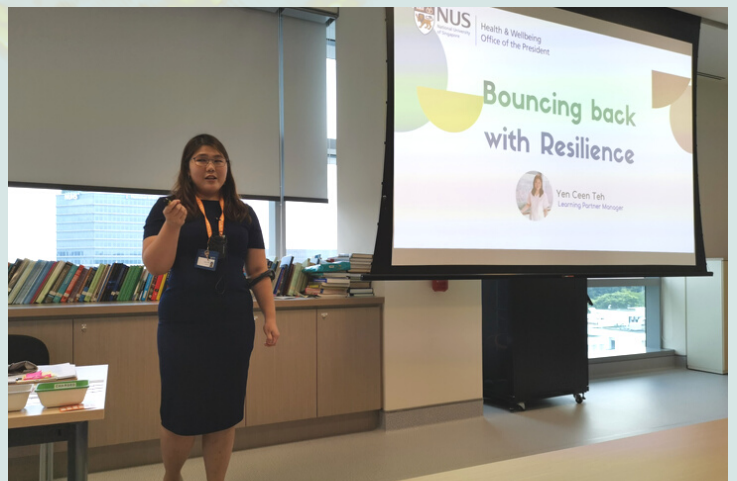


Mental Resilience Talk

Mr Johnathan Chew, our third-year dental student and Ms Teh Yen Ceen, Learning Partner Manager at NUS Office of Health and Wellbeing gave a talk about the importance of maintaining good mental wellness on 28 September 2022.

Mr Chew, who was crowned champion of MasterChef Singapore Season Three, reflected on how he coped with stress before, during and after the competition. He highlighted three key points: Take breaks when needed; Stay prepared; Take criticisms in your stride.

He said, "It is important to figure out which criticisms are constructive and which are not. In this day and age, it is so easy for people to give a negative feedback if they do not like you. If you know that you have already done your due diligence and delivered to the best of your ability, there is no need to be too bothered or stressed by what others think or say."



Ms Teh went on to share with participants a life stress inventory test where they could evaluate their stress level. She also elaborated on some useful resilient practices that could be used to help cope with stress.

She added, "We want to manage our expectations in life that things do happen but we can control how we respond to them... Catch yourself in situations where you are surrounded by negativity and try to reframe them." Rather than focus on negativity, it's important to see each challenge as a learning point in life, she shared.

The talk concluded with a question and answer session where participants got the opportunity to ask speakers how they could enhance their mental wellness and understand more about reaching out to wellbeing specialists in NUS.



Health and Wellness Programmes

Organised by the TWSH Committee



Dentistry Step Challenge

1 - 31 October 2022

Let's get moving and clock your steps in this upcoming Challenge. Participate as an individual or pair up with a buddy and stand a chance to win prizes.



Yoga for Ergonomic Health

4 November 2022, 4 - 5pm, NUCOHS

Working on parts of our body can significantly improve our ergonomics. This workshop aims to improve your posture and poise. We will be stretching your areas of tension and tightness, strengthening your muscles and working on your spine.



Dentistry Running Interest Group

Be part of the Dentistry Running Interest Group led by Mr Roland Lim. These runs are organised on Thursday afternoons and the running routes are within the NUS campus.

To join, simply contact Mr Lim (rolandlim@nus.edu.sg) and be added to the WhatsApp group for updates on the weekly sessions.

FACULTY OF DENTISTRY, NUS



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