

right demographic and I tend to use it a lot with TMD patients. It can be an excellent way of treating myofascial pain, especially the lateral pterygoid which is buried deep. It is great for headaches, neck and back pain and arthritis; chronic whiplash sufferers often really benefit too. There is quite a bit of demand for acupuncture and it can often draw patients to the practice.

Patients can book appointments directly to see me or Charles and they don't need to be referred. Our website does have a referral section for professionals to use and we then triage these patients and decide who is the best person to see them. If a referring clinician is sure of the diagnosis they can come straight to me. If there are red flags or a mixed clinical picture, Charles will see them first and refer on to me if appropriate. The beauty of our collaboration is that we can refer between each other easily at any stage of treatment. We can also do joint assessments and brainstorm for the trickier ones. I treat a regular stream of personal injury patients and TMD can be common with whiplash. These patients often don't require dentistry and generally respond well to physio.

Our service allows patients to be seen quickly and interchangeably with plenty of discussion and the ability to try alternate treatments/strategies without the need to, for example, wait to be referred by a dentist to physiotherapy services at a local hospital.

Time out

Home time can be anything from 5 pm to 8 pm, depending on demand for my services. I work Friday evenings and Saturday mornings to cater for clients' busy work schedules. Sometimes on a Thursday when my admin is done I get some free time. I have just reached the point where the physio side of the practice is busy enough to hire someone to cover for me which will mean more free time in the future. Being self-employed means I am reluctant to take time off.

We try to spend Sunday together as a family day and eat dinner together most evenings. Alan and I also take turns to go out and see friends.

Like my work history, my outside interests have been diverse and have included: softball, cake decorating, pottery, sewing, and more recently, DIY. I have vowed to never begin stripping paint from anything ever again after a recent run in with a dresser. To wind down in the evening, I read low brow novels and watch 'Game of Thrones' – I'm addicted to both. I tend to retire at around 10 pm for a bit of reading (of the aforementioned fiction). My fantasy weekend activity would be going to a luxury spa and having afternoon tea followed by cocktails somewhere fabulous, but the reality is shopping and domestic tasks. However, I try to look on the bright side and treat myself every now and then.

In the future I would like to become more involved in teaching/lecturing, and research, but for now I consider myself fortunate to be following a career path with certainty that it is the right one for me.

INTERVIEW BY KATE QUINLAN

HONOURS, AWARDS, APPOINTMENTS

Samuel Charles Miller Award

Professor Martin Thornhill has been awarded the most prestigious award of the American Academy of Oral Medicine: the Samuel Charles Miller Award, named after the Academy's founder. It is the first time a British oral physician has received the award. Professor Thornhill is Professor of Translational Research in Dentistry at the University of Sheffield, has published around 150 papers and received more than \$12.5 million in research funding.

Honorary Life Vice President

Daniel Davis has been made Honorary Life Vice President of the British Dental Health Foundation. Mr Davis is the owner and managing director of J&S Davis Limited, exclusive distributors to the dental profession.

Boss of the year

Truro orthodontist Jeremy Peak of The River Practice Specialist Centre has been awarded the Boss of the Year title by Pirate FM, a large commercial radio station serving the South West. Dr Peak was nominated by his team who wanted to recognise his commitment to staff development and training, and his dedication to patients.

Endodontic award entries

The Young Dentist Endodontic Award 2014 is now open for entries at www.roottreatmentuk.com/html/young-dentist. The prize for first, second and third place winners will include valuable equipment useful to dentists aspiring to undertake endodontics at a higher level.

BOOK REVIEW



ON-CALL IN ORAL AND MAXILLOFACIAL SURGERY

K. Payne, A. M. C. Goodson, A. S. Tahim, N. Ahmed, K. Fan

Libri Publishing; price £17.99; pp 200
ISBN 9781909818156

The evolution from the predominantly service-driven senior house officer posts to the educational focus of the dental core training programme has mandated a significant review of postgraduate education. Generic training in primary and secondary care can limit valuable exposure to specialist conditions. Trainees are no longer immersed in a comprehensive oral and maxillofacial surgery attachment.

It is therefore essential that trainees are equipped to maximise the training opportunities available during an attachment. For this reason it is a pleasure to review a book that is a welcome and timely addition to the dental literature with a clearly defined target audience. This is a small, easy to read, lavishly illustrated

book aimed at dental core trainees, but equally valuable for those in the emergency department, ear, nose and throat specialists, general practitioners and advanced nurse practitioners. It is not a didactic textbook but a survival guide to secondary care practice. Divided into clearly defined sections, it guides the reader through the emergency department, ward and clinic management and includes a neat section on basic practical procedures. The chapters are succinct and written in bullet points, allowing the trainee rapid access to key information, supplemented with flow diagrams and clear line drawings. The notes section at the end of the book encourages trainees to annotate with local protocols and policies, allowing trainees to create a personalised document.

This book is an essential addition to the literature and I would encourage all potential dental core trainees to obtain a copy prior to starting a hospital-based attachment. A copy should also be available in every oral and maxillofacial surgery library and emergency department unit.

A. DICKENSON