What is Evidence-Based Dentistry?
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Today, the concept of evidence-based health care surrounding our clinical practice of dentistry is discussed more than ever before. However, many times this term has been utilized to define anything but “evidence-based dentistry” (EBD). The term “evidence-based” was first used in a British Medical Journal article by David Sackett et al. (BMJ 1996; 312: 71–2) and was defined as the “…conscious, explicit and judicious use of current best evidence in making decisions about the care of individual patients…”

The term ‘current best evidence’ is the operative word here because it implies that our best available evidence should be defined change as we progress through more research findings, to the point that what was true as the best available evidence even as early as ten years ago in dental or dental hygiene school in some respects is not even true today.

Oral Disease Around the Globe: The Battle Continues

Many examples come to mind, such as the new adhesive systems, newer generations of composites, more non-surgical periodontal therapy, more procedure-specific use of biomaterials due to better-applied research results, and so on.

The American Dental Association (ADA) has defined the concept of EBD as:

“An approach to oral health care that requires the judicious integration of systematic assessments of clinically relevant scientific evidence, relating to the patient’s oral and medical condition and history, with the dentist’s clinical expertise and the patient’s treatment needs and preferences.”

EBD has five components and this premise is simply based on the notion that in order to perform a scientific search for the current best evidence, one must be able to interpret the clinical scenario, translate it into searchable terminology (very easy to do!) and then find the best evidence by critically assessing the quality and the appropriateness of the published evidence in order to address the identified clinical scenario. The five components are:

- Key to Practice Management
- Eliminate Enod Infections
- Testing Ortho Materials
- Combining Work & Play
- Science & Research
- Trends & Application
- Meetings & More

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Oz Dentist Shortage
A study by the University of Adelaide reports that despite expected yearly increases in the number of dentists, Australia’s demand for dentists will outstrip supply by 2016. The country’s ageing population will exceed supply by nearly 4 million visits. The study proposed a short-term solution that entailed recruiting dental school graduates from overseas.

Implant Cures Blindness
A technique, pioneered in Italy, transfers a tooth’s root and part of the bone and ligament around it to help people with damaged cornes regain their sight. The root, bone and ligament are shaped into a cube that the cylinder is in-serted into. This cylinder channels light to the retina, which allows the person to see. To date only surgeons in Italy, Britain, Germany, and Singapore have attempted the procedure. Britain has performed 16 operations and achieved 100% success. Singapore doctor’s first attempt was in January of this year at the Singapore National Eye Centre (SNEC).

Eating Your Teeth Away
Dental problems in New Delhi are on the rise, and the increase is seen among all age groups. The culprit, despite increased dental hygiene awareness, is an increasing reliance on junk foods and carbonated drinks. The high acid content of carbonated drinks wears down tooth enamel, which makes junk foods like pizza and chips stick to teeth more readily. In addition, skipping meals or fasting to “stay slim” means that stomach acid reaches the mouth and decays tooth enamel.

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