



FiCTION Spring Newsletter

FiCTION (Filling Children's Teeth: Indicated Or Not)

FiCTION Goes International Cambodia

Not all parts of the world are lucky enough to have access to high quality dentistry available for children. Stacey Hanley & Karla Montgomery of Hampden Dental Care Glasgow, have recently returned from an exciting trip to Cambodia with Dentaaid. The girls volunteered with Dentaaid and their charity partner One 2 One to provide much needed dental care in a rural area of Cambodia. Work was carried out under basic conditions within the village health centre with foldable chairs and mobile equipment. The two dental nurses enjoyed the challenge that working in a third world country involved. Stacey and Karla worked with five dentists and a hygiene therapist from around the U.K to provide the first fully qualified team that One 2 One has had in a year.

FiCTION Practice, Hampden Dental Care, spent months fundraising with patients, family and friends all getting involved to raise the amount needed to send the girls on their way! These trips are extremely important in raising funds, awareness and providing care to people who need it most.

There are many ways in which individuals and dental practices can support the work of Dentaaid. Please see <http://www.dentaaid.org> for ways in which you can help, or visit Stacey's blog for more details about the trip <http://stacey8951.tumblr.com/post/81531044439/dentaaid-trip-cambodia-february-2014>

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Karla (left) and Stacey (right) with some of their patients



Surgery set-up

South America; Chile and Brazil



Photograph; Dr Nicola Innes (2nd from left) in the clinic with the children's team at Universidad de la Frontera, Chile

In March, Dr Nicola Innes, Co-Chief investigator and Clinical Lead for Scotland, visited Chile and Brazil to attend a fluoride conference and give some lectures. Whilst on her travels Nicola was asked about FiCTION, which shows how far reaching the FiCTION trial is. Nicola said "It was great that dentists and researchers as far away as South America had not only heard about the FiCTION trial, but I found that they were genuinely interested in how the trial was progressing. Being able to relay information about the recruitment of patients to the trial and how well all our FiCTION practices have been doing was excellent. It seems that internationally the importance of what we will find out from FiCTION is recognised and is of interest."



Recruitment Update

An Easter Milestone for FICTION!

We are delighted to report that over the Easter period FICTION reached an important milestone with over [900 children](#) now involved in the trial. With 72 dental practices across the UK participating, this makes FICTION one of the largest research projects ever undertaken in dentistry. Achieving this milestone is only possible because of the enthusiasm for FICTION amongst both the dental teams and families. Congratulations everyone, in achieving this important step. There still remains time for further recruitment, and each additional family agreeing to participate adds to the robustness of the final result we will achieve from FICTION. So we look forward to pushing on to 1000 children and beyond!

Interview with Dr David Gouw of E2 Dental Practice

E2 Dental practice has been established in London for around 20 years. As a practice, E2 treat predominantly NHS patients. Of their core team of staff there is 1 dentist and 1 dental nurse actively taking part in the FICTION trial. We caught up with the FICTION dentist from the practice, Dr David Gouw, to talk about the FICTION experience in Bethnal Green, London.

How did you get involved in the Trial?

I came to know about FICTION from Tam Bekele. He told me a bit about the project and then introduced me to Professor Ferranti Wong who explained to me what it's all about. And that got me interested and I thought I want to take part.

How do you think being involved in the Trial can help your patients and your practice?

I think there are lots of benefits. For the patients involved in FICTION, it helps them fully understand the importance of attending dentists regularly. I think that's very significant. It teaches them the need for regular check-ups and not just going to the dentist when you're in pain, but rather going every 6 months to maintain good oral health. They also learn how to look after their teeth properly, how to brush, not eat too many sweets and how that can affect your teeth etc. In the study as parents are fully involved they learn, pay attention and can teach their children too. For me, from a clinical perspective, FICTION has introduced me to some materials that I hadn't used. I've learnt that certain materials are very good. I used to use amalgam fillings but I find this breaks easily. But now I've started using resin and this definitely lasts a lot longer.



(L-R) Dentist, David Gouw, Daisy Tambunan from Reception and Dental Nurse Rama Gauchan, E2 Dental Practice, London

What barriers have you encountered in the Trial and how have you overcome them?

Recruiting the patients has been hard. We would send out letters and then would get no responses which can be disappointing. We had to do other things. So when they would come in we would talk to them face to face and tell them about it.....and then obviously give them the invitation letter/ info sheets etc.

Also another barrier was commitment. People would make an appointment then cancel and that could happen quite a lot. So the way we dealt with that was to be persistent and we would keep calling them back. Sometimes patients and parents would be anxious if treatment will harm them. We would reassure them and explain to them it wouldn't.

How important have your support staff been throughout the Trial?

Very supportive, very good. It's a difficult process to start with. It seems there's so much to do, to remember. But once you get into the process, repeat it, it's good, becomes easier.

What have you found easy/ difficult about the whole process?

Paperwork was quite overwhelming to start with. Also sometimes during treatment, giving injections could be quite difficult. But I would just talk to them, put them at ease and the parents are encouraging. Something which made the process easier are the FICTION goodies! They have been a big hit and the children love them. Fluffy bugs, pencils, bookmarks all of it, they love it.

Have you had any strange/ funny experiences whilst working on the Trial?

Once a patient came back for treatment, the child said to the mother something was wrong with the gum, it had swollen. But it was just a tooth that hadn't erupted and the gum was hanging on to the tooth. They were very worried but I told them it's nothing to worry about, it's fine!

How have you managed to convince parents to take part in this longitudinal study?

I explain to them all the benefits they will get from this. And that works. I tell them their child will get regular check-ups and they will learn to take care of their teeth.

Do parents and patients prefer certain treatment arms?

No I find that they're happy, no complaints at all really. On one occasion, a child needed 5 metal crowns. The mother seemed really worried and unsure and didn't want her child to have so many.....but no, I've had no complaints about treatment arms.

A+ for Audit

Tim Harker and his team at Llantarnam Dental Practice recently hosted an audit from Aneurin Bevan Health Board. Not only did the Auditor pass them with flying colours, but also stated that it was the best audit he has performed. Ever. On behalf of the FICTION Team we would like to pass on our congratulations to them.

Pearls of Wisdom

A few top tips from Terri at Pearl Dental (Sheffield)

Pearl Dental in Sheffield is a busy practice that sees lots of child patients. They joined the FICTION family in November 2013 and are already well on their way to reaching their target. We had a chat with Practice Manager, Terri Floyde who had this to say about taking part in FICTION:



Terri Floyde from Pearl Dental, Sheffield

"We are all really pleased with how it's going so far! Staff are behind us and working really well as a team.

The only tips that I have is ensure you have a clear understanding of how you are going to run the trial to fit in with your practice needs. Myself and Rachel, the nurse, wrote everything on the whiteboard in the office with a clear step by step guide on what stages and what paperwork was included. We had a trial run through involving role play so we all understood our key parts.

Keep your children entertained and make it fun for them – they really love the interactions that they have with us! Smiles, High Fives and lots of giggling. The FICTION merchandise also helps to keep them smiling.

Just being honest and open with the parents, they appreciate it and understand the trial is for a good outcome. Don't make it a long drawn out process or over complicate things."

A chat with a FICTION champion

The combination of Rhoda's clinical experience, along with her administrative capability has led to Rhoda becoming the FICTION champion within the practice at Broxden, Perth.

Rhoda has been with Broxden for 13 years. Initially working within the practice as a dental nurse for around 12 years, Rhoda gained excellent first hand experience with the patients that came to the practice. Over the past 18 months Rhoda has taken on the role of Reception/Administrator for the practice, a task that she enjoys.

We caught up with Rhoda earlier in the year to see how things were going in Perth.

What's it like working in a Dental Practice which is partaking in the FICTION trial?

Being part of the public dental service they are a busy practice anyway so the FICTION trial has just made it all the more busy.

What are the positives and negatives to working within a practice involved in research?

As a parent of 2 children, aged 7 and 5 myself, being involved with children is a huge positive. The fact we are involved in research which will inevitably change the future of dentistry is very exciting. One difficulty that has been an experience is parents not being happy for their children being randomised to the preventative arm so keeping them happy can be a challenge.

Do children like being involved in the trial, and how do you keep the children motivated?

The children love being part of the trial – it helps the fact their dentists have a huge amount of experience with children too so this keeps the kids happy and the FICTION merchandise keeps them motivated.



Rhoda Bartlett at reception at Broxden, Perth

FICTION Team News

Changes are afoot for the FICTION Team based in Dundee.

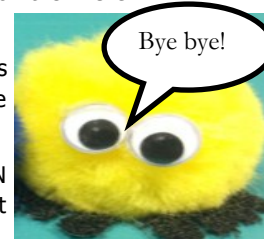


Clinical Researcher Alex Keightley has been successful in securing a permanent post within the Dundee Dental School as a Clinical Lecturer / Honorary post CCST Trainee in Paediatric Dentistry. Alex will be taking up his new role on 1 May. Speaking of his time working on FICTION, Alex said *"Working on FICTION has been a fantastic experience. Getting to meet so many enthusiastic dental teams across the UK, who are committed to really changing the future of children's dentistry has been inspirational. Whilst I will no longer be involved in the day to day of FICTION, I'm not moving far (in fact only 3 doors down the corridor) and I will continue to follow the progress of the trial. I look forward to hearing about the future successes of the FICTION trial from the rest of the team."*



Dundee's Clinical Leads secretary, Elspeth Barker is also moving on to pastures new in April as she takes up a new position, working with the teaching administrative team within the Dundee Dental School.

As neither Elspeth or Alex are moving too far they've obviously caught the FICTION bug as they want to be kept up to date with news of the FICTION Trial. I am sure that you will join us in wishing them both the best of luck in their new jobs.





FICTION CONTACTS

Main FICTION Contact (all enquiries):

Shelley O'Rourke 0191 208 7623
shelley.orourke@newcastle.ac.uk

Clinical Lead Secretaries

Scotland

01382 383918
fiction@dundee.ac.uk

Newcastle

Sue Thompson 0191 208 8719
sue.thompson@newcastle.ac.uk

Leeds/Sheffield

Beverly Philpott 0113 343 2073
B.philpott@leeds.ac.uk

Cardiff

Beverley Howell 02920 742530
HowellB@cardiff.ac.uk

London

Shahana Lais 020 7882 8677
s.lais@qmul.ac.uk

Trial Office Dundee:

Mrs Marilyn Laird 01382 381711
Senior Trials m.laird@dundee.ac.uk
Administrator

Mrs Amy Caldwell-Nichols 01382 383940
Administrator a.caldwellnichols@dundee.ac.uk

University of Dundee
Dundee Dental Hospital and School
Level 9
Park Place
Dundee

Newcastle Clinical Trials Unit:

Mr Mark Palmer 0191 208 8719/208 8620
Trial Manager mark.palmer@ncl.ac.uk

Mr Chris Speed 0191 208 6054
Senior Trial Manager chris.speed@ncl.ac.uk

Clinical Researcher:

Clinical Researcher fiction@dundee.ac.uk
University of Dundee

Joint Chief Investigators

Prof Jan Clarkson 01382 740990
Joint Chief Investigator j.e.clarkson@dundee.ac.uk
University of Dundee

Prof Gail Douglas 0113 343 9214
Joint Chief Investigator g.v.a.douglas@leeds.ac.uk
University of Leeds

Dr Nicola Innes 01382 425760
Joint Chief Investigator/ n.p.innes@dundee.ac.uk
Clinical Lead (Scotland)
University of Dundee

Professor Anne Maguire 0191 208 8564
Joint Chief Investigator/ anne.maguire@ncl.ac.uk
Clinical Lead (Newcastle)
University of Newcastle

What is FICTION?

The FICTION study (Filling Children's Teeth: Indicated or Not) is a multi-centre Randomised Controlled Trial (RCT) funded by the NIHR HTA, which aims to provide evidence on the clinical and cost-effectiveness of three treatment approaches to managing decay in the primary dentition.

The FICTION trial is addressing the Health Technology Assessment Programme's commissioning brief and the research question "What is the clinical and cost effectiveness of filling caries in primary teeth, compared to no treatment?" It will also compare an intermediate treatment strategy based on the biological (sealing-in) management of caries with no treatment and with fillings.

The study is a primary care-based multi-centre, three-arm, parallel group, patient-randomised controlled trial. Practitioners will recruit 1461 children, (3-7 years) with at least one primary molar tooth with decay into dentine. They will be randomised and treated according to one of 3 treatment approaches:

- conventional caries management with best practice prevention
- biological management of caries with best practice prevention
- best practice prevention alone
- followed up for at least three years

The joint Chief Investigators are based at the Universities of Dundee, Leeds and Newcastle – Professor Jan Clarkson (Dundee), Dr Nicola Innes (Dundee), Professor Gail Douglas (Leeds) and Professor Anne Maguire (Newcastle). The full trial team includes collaborators from Universities in Cardiff, Dundee, Glasgow, Leeds, Newcastle, Sheffield and both QMUL and KCL in London. This multi-disciplinary research team has been established to work alongside a UK-wide team of specialist paediatric and Primary Care dentists and members of their teams. This is to ensure that whilst the trial design and conduct is of the highest standard, it remains practical and pragmatic.