



JIDA

Journal of the Irish Dental Association
Iris Cumainn Déadach na hÉireann

The value of membership

IDA membership opens the door to a range of financial savings.

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Journal of the Irish Dental Association

April/May 2026

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The latest edition of *JIDA Science* is available free and exclusively to IDA members.

In this edition:

- The application of patient-reported outcomes in endodontology – an update for the clinician
- Clear aligner treatment for dentists: challenges and opportunities
- Managing the developing maxillary canine: a practical guide for the general dental practitioner
- Researcher profile: Dr Paul Leavy



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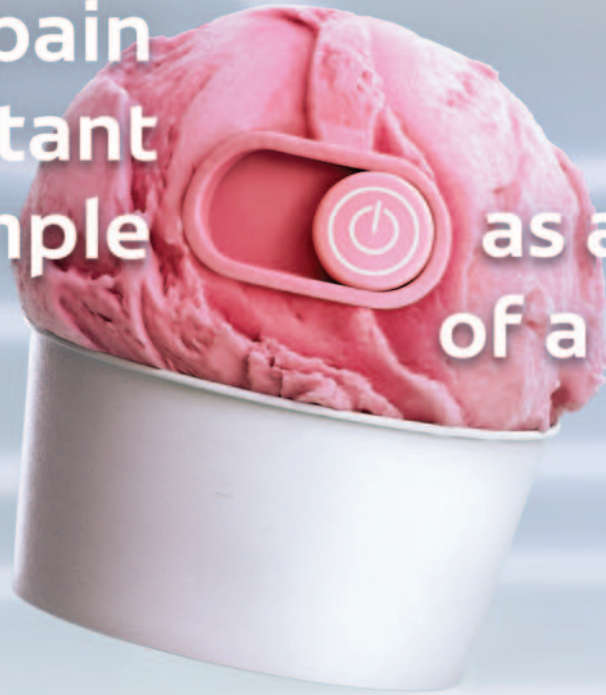
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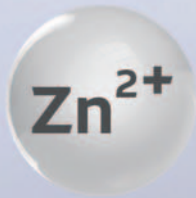


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References:

- 1. Subanalysis of Nathoo S, et al 2009. Nathoo S, et al. J Clin Dent. 2009;20(4):123-30.
- 2. Subanalysis of Docimo R, et al. J Clin Dent. 2009;20 (Spec Iss):17-22.
- 3. Lai HY, et al. J Clin Periodontol. 2015;42:S17.

PROFESSIONAL — ORAL HEALTH —

Dentists want to be part of the solution



Thanks to the IDA, dentistry and oral health are now part of the national healthcare conversation.

The profession has warned about the pressures building within the oral ecosystem: a poorly planned workforce; growing administrative burden; rising practice costs; and, State schemes that have not kept pace with the realities of modern clinical care. These pressures affect not only dentists but also the patients who depend on accessible, sustainable oral healthcare.

Over the past year, the Association has continued to advocate forcefully and constructively on behalf of dentists and patients. Through sustained engagement with Government, regulators, and policymakers, the IDA has ensured that the realities of frontline dental practice are now firmly part of the national healthcare conversation. The Minister's adoption of our vocational training concept highlights our great success in advocacy for our younger members.

Importantly, this advocacy has not been about criticism alone. The Association has consistently brought forward practical, evidence-based solutions. Whether through policy papers, workforce analysis, or engagement with the National Oral Health Policy, the IDA has shown that the profession is ready not only to identify problems but to help build workable solutions.

The successes of the past year are a reminder of what can be achieved when dentists come together. Every survey completed, every meeting attended, every colleague who took time away from the surgery to contribute to the wider conversation has strengthened the profession's ability to influence change.

The message from the profession is clear. Dentists want to be part of the solution. We want a system that supports high-quality care, strengthens access for vulnerable patients, and allows the next generation of dentists to build fulfilling careers in Ireland. The IDA enters these negotiations with a strong mandate from its members and a clear vision for the future. With unity, professionalism, and continued engagement, we have an opportunity to turn years of warning into meaningful reform.

At my inauguration I spoke about leadership as being like riding in a cycling peloton. No rider stays at the front forever. The rider on the front takes the wind, sets the pace, and pulls the group forward – but eventually they peel off, recover in the slipstream, and another rider takes their turn. Over the past year I've had the privilege of taking a turn at the front, but the strength of this Association has always been the riders around me. Now, as I roll back into the bunch, Dr Bridget Harrington Barry moves smoothly to the front of the peloton. I step back knowing the team is strong, the pace is good, and the IDA is in very capable hands for the road ahead.

Dr Will Rymer
IDA President

Preparing for reform



The Smile agus Sláinte reform plan will shape the future of Irish dentistry.

As we await the publication of the Government's forthcoming oral health reform plan, it is more important than ever that the dental profession is united, proactive, and collaborative, speaking with one voice on the issues that matter.

Our IDA roadshow meetings have provided us with a deep sense of the frustration and scepticism that abound within the profession – a profession that is weary of being neglected, abandoned and left without support. There is a strong sense of learning from the past and preserving the independence of dental practice in order to avoid the exposure and risk that comes with a reliance on third parties, including State agencies.

There is also a real sense of hope that the current Health Minister is ready to prioritise oral health in a manner her predecessors have never done. We need imaginative solutions to address the real changes we all face and not simply more of the same tired and failed approaches. The changes proposed in the soon-to-be-published Smile agus Sláinte reform plan will shape the future of dental care delivery in Ireland. The contribution of practising dentists will be critical to ensuring that these reforms are effective, sustainable, and centred on patient well-being.

To achieve this, the IDA is actively strengthening our engagement with key stakeholders across the dental landscape – including the Dental Council, postgraduate training bodies, academic institutions, specialist groups, and organisations representing dental team members. Each brings unique insights, expertise, and perspectives that must be reflected in any national strategy.

Our goal is clear: to build a cohesive and evidence-based professional position that supports high-quality patient care, protects the integrity of clinical standards, and ensures that the working environment for dentists is respected and understood. Collaboration also enhances our ability to anticipate implementation challenges, advocate for realistic timelines and resources, and identify opportunities to improve access and outcomes for the public.

In the weeks ahead, we will continue to seek your input and keep you informed as the details of the reform plan emerge. Your experience on the frontline – in general practice, public services, specialist care, and hospital settings – is indispensable. Together, we can ensure that the profession's voice is strong, informed, and influential.

Thank you for your ongoing commitment to dentistry and to the patients and communities we serve.

Fintan Hourihan
IDA CEO

IDA connecting with members nationwide

The Department of Health's Smile agus Sláinte reform programme is poised to bring significant change to dental practice across Ireland over the coming decade. These reforms will influence day-to-day clinical work, patient care pathways, and the broader future of dentistry as a profession. With such important developments on the horizon, it has never been more vital for dentists to stay informed, involved, and able to share their views. To support members through this period of change, the Irish Dental Association (IDA) leadership team travelled nationwide between January and March, hosting a series of engaging and well-attended meetings.

The events were widely praised for their open atmosphere, practical insights, and the opportunity they created for meaningful discussion among colleagues. Across the sessions, members received:

- clear and current briefing on the Department's reform proposals;
- practical insight into how the changes may affect individual practices;
- a comprehensive update on the advocacy and support work being carried out by the IDA on members' behalf; and,
- valuable opportunities to ask questions, share experiences, and provide feedback.



IDA members and guests at the recent roadshow event in Donegal.

Feedback from attendees highlighted how informative and collaborative the meetings were, with many noting the strong sense of community and the reassurance gained from hearing directly from IDA leadership. Overall, the roadshow proved to be a highly positive and worthwhile initiative, reinforcing the profession's collective voice at a pivotal time.

Minister backs IDA plan for new graduate training scheme



The Minister for Health has backed a plan from the IDA for a new voluntary graduate training scheme for dentists.

Speaking in the Dáil in February, Minister Jennifer Carroll MacNeill TD said: "The Irish Dental Association has brought a suggestion to me. Doctors training in the public system have a job pathway into that system [a reference to the medical GP Registrar scheme], but that does not really exist in the same way at scale for dentists.

Graduates tend to come out and decide whether to go into private practice, though it is often too soon for many of them. There is an awful lot of merit to [the IDA proposal]. That is one of several measures I will be considering this year to increase dental capacity within the public system".

Thank you



We would like to sincerely thank all members who have renewed for 2026. Your continued commitment allows us to support dentists at every stage of their career and to champion and strengthen the dental profession.

If you have not yet renewed, or if you are considering joining the Association, we would be delighted to hear from you.

Please contact Molly Conroy, Membership Manager, at molly@irishdentalassoc.ie to discuss membership options and how the Association can support you.

For more information on the many benefits of IDA membership, see the feature on page 43 of this edition.

Together, we are stronger.

Irish Dental Association AGM 2026

The Annual General Meeting (AGM) of the Irish Dental Association will commence at 7.00pm on Thursday, April 16, 2026, in the Hilton Hotel, Charlemont, Dublin. An online option will also be available for those unable to attend in person.

Minister to change law on hygienist access



The Minister for Health has announced that she will be “changing the law this year to make it clear that [hygienists] have the opportunity to practise more directly without having to work in the structures they have been under”.

Expanding the scope of practice for dental hygienists, therapists and nurses has been prioritised by the Minister and the Department of Health, and a study on the potential and the implications of such change is to be published shortly by the Department.

Such reforms will require changes in Dental Council regulations and significant extra investment in education for dental team members. The Irish Dental Association has stated its support for expanding the scope of practice of team members and, in the case of hygienists, it has stated its support for direct access for hygienists within a dental clinic and with delegated authority from a dentist.

UK State Pension deadline approaching

From April 6, individuals will be required to have at least 10 years of paid UK National Insurance (NI) contributions before they can purchase additional years to fill gaps in their record and progress towards a full UK State Pension. Currently, anyone with as few as three years of NI contributions can buy back missing years, even if they no longer live in the UK. In addition, from the same date, all voluntary NI contributions will be charged at the higher Class 3 rate. Until now, individuals who worked in the UK before returning to Ireland (or moving to another country) and continued working abroad were often eligible to buy back NI years at the significantly cheaper Class 2 rate.



Importantly, individuals who apply before the April 6 deadline to buy back NI contributions for the past six years will be regarded as having activated their record under the existing rules. This means that they may still be able to purchase additional years

in the future, even if they do not yet meet the new 10-year minimum threshold.

For Irish dental professionals with UK work history, action now is vital. Contact colm@mwm.ie for more information.

Class of '75

University College Dublin recently welcomed dental graduates from the classes of 1965 and 1975 for a reunion celebration. UCD was formerly the venue for the BDS course, and attendees were delighted to gather for lunch, and a chance to catch up with former classmates.

Pictured are members of the class of 1975, who celebrated their 50th anniversary. Back row (from left): Prof. Esmonde Corbett; Dr Niall Jennings; Dr Edward Byrne; and, Dr Barney Murphy. Front row (from left): Dr Peter Carton; Dr Catriona Clarke; Dr Mary O'Farrell; Dr Tom Feeney; and, Dr Declan Corcoran.



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Daniels et al, Maxigesic® 325 Acute Dental Pain Study. *compared with the same daily dose of standard paracetamol alone. †Faster onset of action than standard ibuprofen alone. **Easolief DUO 500 mg/150 mg film-coated tablets** Each tablet contains paracetamol 500 mg and ibuprofen 150 mg. **Presentation:** White, capsule shaped tablet with breakline on one side and plain on the other side. **Indications:** Short-term symptomatic treatment of mild to moderate pain. **Dosage: Adults/elderly:** The usual dosage is one to two tablets taken every six hours up to a maximum of six tablets in 24 hours. **Children:** Easolief DUO is contraindicated in children under 18 years. **Contraindications:** Severe heart failure, known hypersensitivity to paracetamol, ibuprofen, other NSAIDs or to any of the excipients, active alcoholism, asthma, urticaria, or allergic-type reactions after taking acetylsalicylic acid or other NSAIDs, history of gastrointestinal bleeding or perforation related to previous NSAID therapy, active or history of recurrent peptic ulceration/haemorrhage, severe hepatic failure or severe renal failure, cerebrovascular or other active bleeding, blood-formation disturbances, during the third trimester of pregnancy. **Warnings and precautions:** This medicine is for short term use and is not recommended for use beyond 3 days. Clinical studies suggest that use of ibuprofen, particularly at a high dose may be associated with a small increased risk of arterial thrombotic events. Patients with uncontrolled hypertension, congestive heart failure, established ischaemic heart disease, peripheral arterial disease and/or cerebrovascular disease should only be treated with ibuprofen after careful consideration and high doses should be avoided. Careful consideration should be exercised before initiating long-term treatment of patients with risk factors for cardiovascular events. The use of paracetamol at higher than recommended doses can lead to hepatotoxicity, hepatic failure and death. Patients with impaired liver function or a history of liver disease or who are on long term ibuprofen or paracetamol therapy should have hepatic function monitored at regular intervals. Severe hepatic reactions, including jaundice and cases of fatal hepatitis, though rare, have been reported with ibuprofen. Paracetamol can be used in patients with chronic renal disease without dosage adjustment. There is minimal risk of paracetamol toxicity in patients with moderate to severe renal failure. Caution should be used when initiating treatment with ibuprofen in patients with dehydration. The use of an ACE inhibiting drug, an anti-inflammatory drug and thiazide diuretic at the same time increases the risk of renal impairment. Blood dyscrasias have been rarely reported. Patients on long-term therapy with ibuprofen should have regular haematological monitoring. Like other NSAIDs, ibuprofen can inhibit platelet aggregation. GI bleeding, ulceration or perforation, which can be fatal, has been reported with all NSAIDs at anytime during treatment. Combination therapy with protective agents (e.g. misoprostol or proton pump inhibitors) should be considered. Use with concomitant NSAIDs including cyclooxygenase-2 selective inhibitors should be avoided. NSAIDs may lead to onset of new hypertension or worsening of pre-existing hypertension and patients taking antihypertensive medicines with NSAIDs may have an impaired anti-hypertensive response. Fluid retention and oedema have been observed in some patients taking NSAIDs. NSAIDs may very rarely cause serious cutaneous adverse events such as exfoliative dermatitis, toxic epidermal necrolysis and Stevens-Johnson syndrome. Acute generalised exanthematous pustulosis (AGEP) has been reported in relation to ibuprofen-containing products. Products containing ibuprofen should not be administered to patients with acetylsalicylic acid sensitive asthma and should be used with caution in patients with pre-existing asthma. Adverse ophthalmological effects have been observed with NSAIDs. For products containing ibuprofen aseptic meningitis has been reported only rarely. NSAIDs may mask symptoms of infection and fever. In order to avoid exacerbation of disease or adrenal insufficiency, patients who have been on prolonged corticosteroid therapy should have their therapy tapered slowly rather than discontinued abruptly when products containing ibuprofen are added to the treatment program. Cases of high anion gap metabolic acidosis (HAGMA) have been reported in patients with severe illness or malnutrition or other sources of glutathione deficiency who were treated with paracetamol for a prolonged period or a combination of paracetamol and flucloxacillin. If HAGMA due to pyroglutamic acidosis is suspected, prompt discontinuation of paracetamol and close monitoring is recommended. **Interactions:** Warfarin, medicines to treat epilepsy, chloramphenicol, probenecid, zidovudine, medicines used to treat tuberculosis such as isoniazid, acetylsalicylic acid, other NSAIDs, medicines to treat high blood pressure or other heart conditions, diuretics, lithium, methotrexate, corticosteroids, flucloxacillin. **Fertility, pregnancy and lactation:** Easolief DUO is contraindicated during the third trimester of pregnancy. **Driving and operation of machinery:** Dizziness, drowsiness, fatigue and visual disturbances are possible after taking NSAIDs. If affected patients should not drive or operate machinery. **Undesirable effects:** Dizziness, headache, nervousness, tinnitus, oedema, fluid retention, abdominal pain, diarrhoea, dyspepsia, nausea, stomach discomfort, vomiting, flatulence, constipation, slight gastrointestinal blood loss, rash, pruritus, alanine aminotransferase increased, gamma-glutamyltransferase increased, abnormal liver function tests, blood creatinine increased and blood urea increased. Refer to Summary of Product Characteristics for other adverse effects. Adverse reactions should be reported via HPRC Pharmacovigilance, website: www.hpra.ie. **Pack size:** 24 tablets. **Marketing authorisation holder:** Clonmel Healthcare Ltd. Marketing authorisation number: PA0126/294/1. Product not subject to medical prescription. Supply through pharmacies only. Date last revised: April 2025. Date Prepared: January 2026 0126/ADV/EAS/017H

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New surgical planning software from Zirkonzahn

Bone Doctor is a new software module developed by Zirkonzahn, which the company says significantly simplifies the digital analysis of a patient's bone situation. According to Zirkonzahn, by importing the patient's digital imaging and communications in medicine (DICOM) data, the module allows users to analyse cranial bones and generate corresponding 3D files.

The company states that the software is capable of autonomously segmenting the desired anatomical structures, and saves the user a lot of time. The segmentation can include any part of the skull, such as the lower jaw,

mandibular nerves, individual teeth, maxillary sinuses, and other anatomical parts. The generated 3D objects can be used in Zirkonzahn.Modifier, Zirkonzahn.Implant-Planner, and third-party designing and implant-planning software.

Zirkonzahn adds that the extracted maxilla can be combined with a patient's 'real movement' data to analyse the condylar movements. With the software, extracted teeth can also be used to perform orthodontic movements based on their actual root and crown morphology, according to the company.

Brilliant Bulk Fill Flow composite from Coltene



Brilliant Bulk Fill Flow from Coltene is a bulk-fill composite designed to deliver a fast, reliable, and aesthetically pleasing solution for deep posterior fillings, according to the company.

Coltene states that the product offers a 4mm, reliable curing depth, achieving polymerisation in 20 seconds through high initial translucency that supports deeper light penetration – without compromising strength.

With adaptive multi-shade material, according to Coltene, Brilliant Bulk Fill Flow is optimised to one shade that matches a vast range of tooth colours, to ensure that patients are more than satisfied with the results.

The company states that Brilliant Bulk Fill Flow allows clinicians to reduce chair time and simplify restorative workflows, delivering consistently remarkable results with enhanced efficiency.

Stay invested, says Moore Wealth Management



Colm Moore, Managing Director, Moore Wealth Management.

Global markets have been unsettled in recent weeks, as escalating tensions involving Iran have triggered sharp volatility across equities, oil and currencies. Energy prices have risen on fears of supply disruption, reigniting concerns about inflation at a time when investors had hoped that price pressures were easing.

In the US, inflation remains a key political and economic issue. Higher oil prices risk feeding directly into consumer costs, potentially complicating Donald Trump's outlook ahead of the mid-terms. A renewed spike in inflation could limit the Federal Reserve's ability to cut interest rates, keeping borrowing costs higher for longer, and placing pressure on households and businesses.

However, Moore Wealth Management advises that the MSCI World Index, which consists of the biggest and best companies in the world, is only down 1% as of mid-March, despite the headlines. According to the company, while there may be a more significant fall to come, there is also a buying opportunity, because markets always recover.

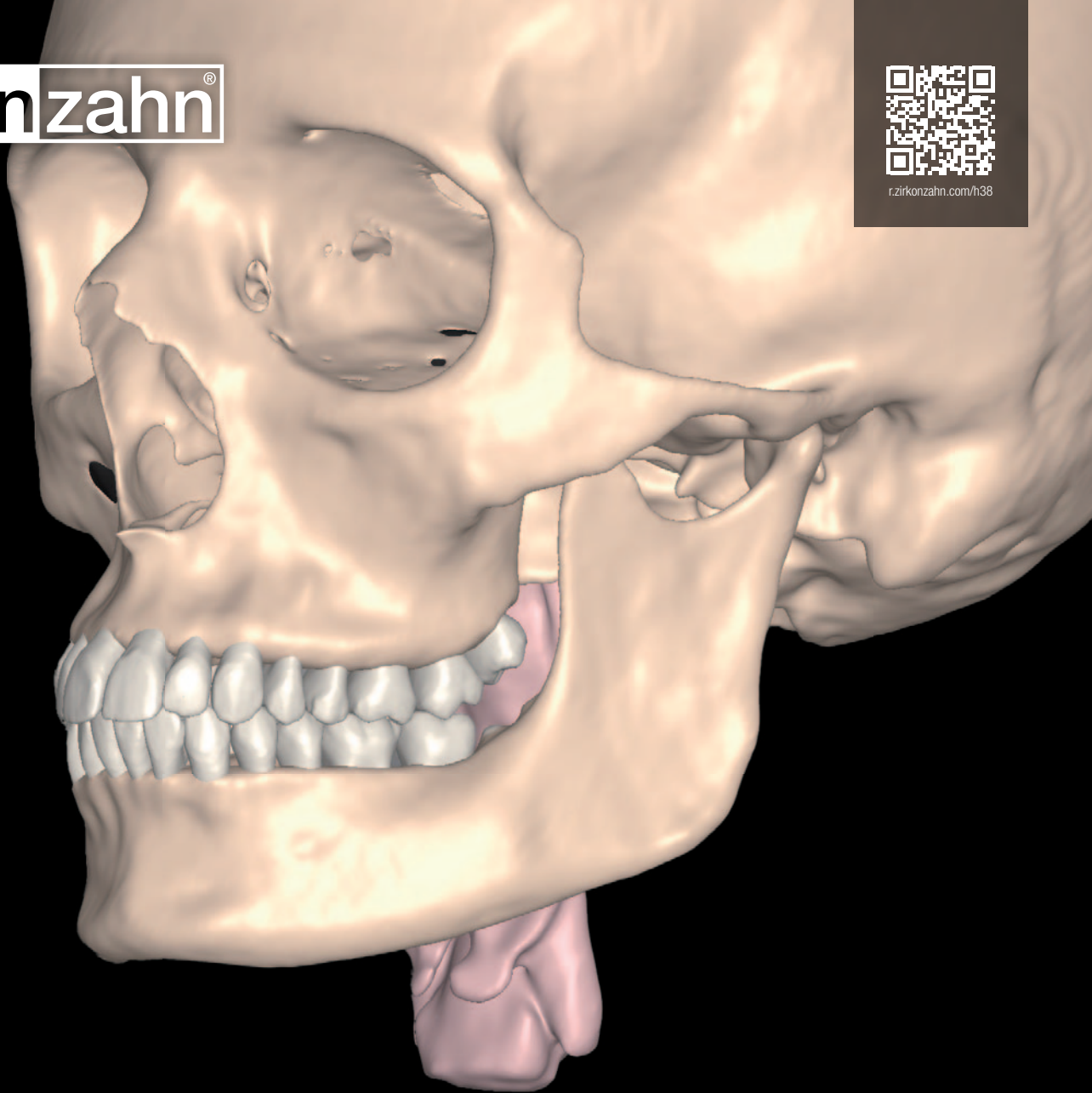
For long-term investors, the company's key message is to remain disciplined, as reacting emotionally to short-term events can lock in losses and undermine long-term returns.

Well-diversified portfolios are designed to withstand periods like this, and staying invested remains the most effective strategy in navigating market turbulence, Moore Wealth Management states.

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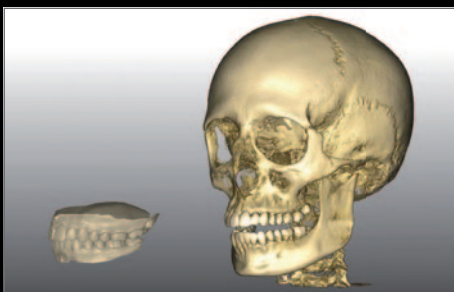
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NEW SERIES
IDA UNCOVERED

The value of membership

As well as access to many great services and supports, IDA membership opens the door to a range of financial savings.

Ann-Marie Hardiman

Managing Editor at Think Media Ltd

As the only representative organisation for dentists in Ireland, the Irish Dental Association (IDA) has unique expertise on the issues that affect dentists, and the team in IDA House are constantly working on benefits and services that can provide support and advice, and save you money! All you have to do to avail of these fantastic benefits is become a member.

The cost of (not) being an IDA member

Whether you're running a practice, or working as a self-employed associate, or indeed in a salaried position, it won't have escaped your notice that the rising cost of living, and the costs of running a business, are putting pressure on all of us. For many years now, the IDA has been working with a range of partners to offer discounts and preferential deals that can substantially reduce your costs both in and out of the surgery, and the team are constantly looking for new ways for members to save.

Membership Manager Molly Conroy explains: "It costs an awful lot of money to run a practice today. There's so many things that have to be considered, and these things are all taken into account with the different partnerships that we have developed here in the IDA". She points out that if members use every financial benefit that the IDA offers, it will offset most, if not all, of their membership fee.

Indemnity and insurance

Probably the biggest financial benefit of membership is the significant discount members can avail of on their professional indemnity insurance. The IDA has partnered with both providers in this jurisdiction, Dental Protection (11.5% discount) and Medisec (10% discount), so that members can choose the plan that suits them best, and still benefit from savings. Says Molly: "If the average premium is about €8,500 for a general practitioner without an awful lot of risk involved, that's a minimum saving of €850 a year, so it almost offsets the cost of their IDA membership". In fact, these discounts alone saved IDA members over €1 million in the last year.



The IDA has also partnered with Gallagher Insurance to offer discounts, not just on practice insurance, but on home and car insurance too. Says Molly: "We all know that the costs of these insurances are soaring. This is a one-stop shop for members; Gallagher takes away the pressure of having to go and source three separate suppliers, as well as offering a discount".

Protection for a rainy day

Most dentists in Ireland are self-employed, so illness or injury means instant loss of income. Omega Financial Management are longstanding supporters of dentists here, and offer IDA members a discount on income protection plans. Their advisors are happy to take you through all the options to find the best plan for you.

Day-to-day expenses

When it comes to running a practice, cash is no longer king, so a discount from AIB on the cost of card payments and terminals creates real savings. The IDA has also partnered with Three Ireland to obtain discounts on landline, mobile and broadband services. We're seeing yet again a sharp rise in the cost of petrol and diesel, so one of the newer benefits of membership is particularly valuable at the moment: a fuel card from Diesel Card Ireland (DCI), which saves members 3c on a litre of petrol at DCI service stations nationwide. As if that wasn't enough, the latest partnership brings significant savings on another practice essential, as Molly explains: "It's now mandatory that all dentists have an oxygen tank in their practice, so we have sourced a new partnership with Irish Oxygen to offer members a 15% discount on the cost of their oxygen tanks".

Every day's a school day

The IDA is Ireland's leading and most trusted provider of CPD for the whole dental team. The Minister for Health has recently announced that mandatory CPD for dentists is imminent, so it's worth remembering that IDA members get a massive 50% discount

FEATURE – IDA UNCOVERED

on all of the Association's CPD offerings. The Association also has big plans to support dentists in meeting their mandatory CPD responsibilities, so keep an eye on the website for updates.

Saving couldn't be easier!

We all live busy lives, and it can be hard to find the time (or the patience) to switch accounts or claim benefits. But saving money with the IDA really is a simple process. The first step, of course, is to become a member of the Association. After that, all you have to do is provide your membership number to the IDA's partners to benefit from all of these fantastic deals. Don't have your number to hand? Molly has a solution: "Members can contact us and we're happy to put them in contact with any of our partners. Or they can go to the membership portal of the IDA website and download an IDA membership card, which they can screenshot, or attach to an email to quickly provide that information when it's needed".

So what are you waiting for?

Would you like to know more about joining the IDA, and the many benefits of membership? Do you have feedback or suggestions for the Association?

Scan the QR code or contact Molly Conroy at molly@irishdentalassoc.ie, call or WhatsApp at 087-095 9482, or call IDA House at 01-295 0072.



Well-being and career support

No matter what stage you're at in your career, the IDA offers practice support and advice that is confidential and free of charge to members.

Dental Complaints Resolution Service



The Dental Complaints Resolution Service (DCRS) was established over a decade ago to provide an informal, non-adversarial way for dentists in private practice to resolve patient complaints, and in that time, over 1,000 complaints have been successfully resolved. It is available free to IDA members and members of Dental Protection. IDA CEO Fintan Hourihan points out the advantages: "It means that dentists don't have to worry about the fact of the complaint, about having to deal with lawyers, about possibly going into quite confrontational settings to resolve complaints. But it also means that they are meeting their ethical obligation to have a complaints policy and a way of dealing with complaints. It's an unrivalled system, which no other jurisdiction in the world has".

The DCRS is ably overseen by Facilitator Mary Culliton, who, with support from clinical advisors, acts as mediator between dentist and patient to find an amicable and quick resolution to complaints.

You can contact the DCRS via email at mary@dentalcomplaints.ie, or by calling 087-354 5842.

Mentoring Programme

The IDA's mentoring scheme offers unique support to dentists at all stages of their careers. Dentists who contact the service are linked with an appropriate mentor from a panel operated by the IDA, who can offer ongoing advice and support. Fintan explains that dentists contact the Programme for a wide range of reasons: "Mostly it tends to be dentists who are either new to the country or who are in the first five or 10 years of their career. Sometimes the issue might be

IDA MEMBER	NOT AN IDA MEMBER
 Persona A: IDA MEMBER	 Persona B: NOT AN IDA MEMBER
Total Savings: €2,200	Total Extra Cost: €2,200
<ul style="list-style-type: none">✓ Professional Indemnity €7,500 €863 SAVED (11.8% discount)✓ CPD Course Cost 50% DISCOUNT € 800 SAVED✓ Annual Conference 50% DISCOUNT € 400 SAVED✓ DCI Fuel Card Savings €60 SAVED✓ HR Advice FREE IN HOUSE ADVICE	<ul style="list-style-type: none">• Professional Indemnity €7,500• CPD Course Cost €1,600• Annual Conference €800• DCI Fuel Costs €60• HR Advice (Per Hour) €100
Total Savings: €2,200 Cost per year: €7,837	Total Extra Cost: €2,200 Cost per year: €10,060

'I am an associate and I'm thinking of becoming a practice owner', or latterly, 'I'm a practice owner, and I'm thinking of selling up and becoming an associate'. It could be, 'I'm in general practice and I'm thinking of moving into specialist practice', or 'I'm in a situation where I don't really have anyone to turn to for advice. I'm in a small setting. There aren't too many colleagues, and I'd like to get an objective assessment or advice on where my career is going". In a profession that is often very isolated, it's a really valuable service. Fintan says that feedback from members who have availed of it has been extremely positive, and encourages members to contact the IDA if they'd like to know more.

Practitioner Health Matters Programme

For some dentists, and other healthcare practitioners, the problems they face can be more serious, and can take the form of mental health or addiction issues. Seeking help for these issues can be especially difficult if the dentist is concerned about repercussions for their career and livelihood, but the Practitioner Health Matters Programme is here to help with professional, independent, and completely confidential support. Fintan explains: "There is a confidential helpline staffed by a team of medical doctors who provide care to dentists on a strictly confidential basis. The service is funded independently. Dentists who participate, and who comply with their treatment plan and do not pose a risk to patients, can be assured that the Dental Council will not be informed of their circumstances. That is really important because naturally, dentists will have a concern that if I raise my hand and I have a mental health or addiction problem, somehow this would need the Dental Council to intervene, but that is not the case. There's no information provided to any of those bodies. It's a really valuable service for dentists who can be in very difficult circumstances and who want to have a trusted, confidential, independent expert to help them".

The Programme is run by Clinical Lead Dr Íde Delargy, who is immensely experienced in this area, and is supported by a team of doctors. While dentists do not have to be IDA members to avail of this service, the IDA strongly supports the Programme, including contributing to its funding, and IDA representatives sit on the Board of Trustees. Fintan says that while the Programme supports about 120 health professionals every year, only a tiny proportion of these are dentists: "We think there is a huge number of dentists who need help, and for whatever reason are not availing of it, so it's something we're always trying to promote and support".

For more information, go to www.practitionerhealth.ie, email confidential@practitionerhealth.ie, or call 085-760 1274.

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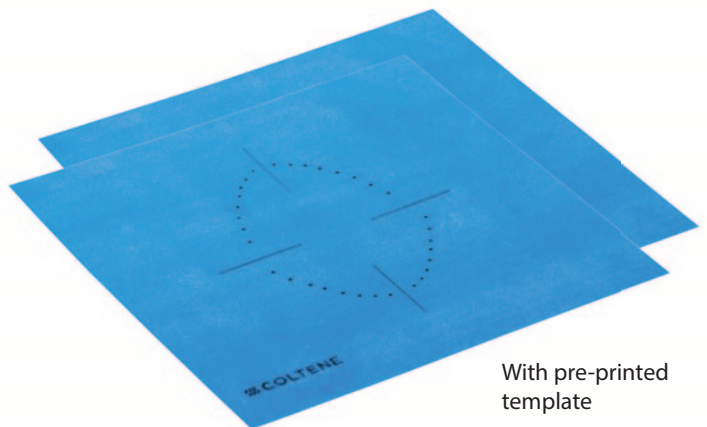
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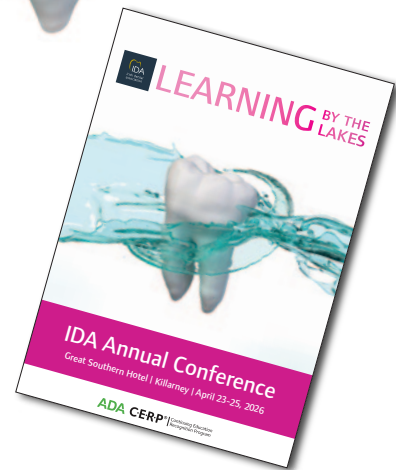
Learn by the lakes



This year's IDA Annual Conference will bring dentists together in the Kingdom of Kerry for three days of collaboration and connection.

Caoimhe Coolican

Copy editor/journalist at Think Media Ltd



The IDA Annual Conference 2026 is approaching, and this year's theme is 'Learning by the Lakes'. The Conference, which will take place in the idyllic Great Southern Hotel, Killarney, from April 23 to 25, features a line-up of leading experts facilitating practical courses, panel discussions, and a diverse selection of lectures. This year's event also features two fantastic new innovations. In response to popular demand, an additional hands-on course will take place on Saturday, when Dr Tif Qureshi will cover all you need to know on 'Ortho restorative dentistry for your everyday patients'. Also on Saturday, a brand new programme will offer the first ever IDA Certificate in Practice Management.

As ever, the Conference offers valuable opportunities for learning, networking and engaging critically with the biggest topics in dentistry today. A trade show will run all day on the Friday and Saturday, with over 40 companies showcasing the latest dental equipment and technology, and the social programme offers lots of opportunities to wind down and connect with colleagues old and new.

Pre-Conference programme

Thursday's pre-Conference programme has something to offer dentists with all interests, with four hands-on courses to choose from. Drs Jane O'Regan and Bob Philpott ask 'Why do we make root canal treatment sound so difficult?' Their full-day course will address this question and invite dentists to practise hand and rotary instrumentation techniques, and multiple obturation methods, so that they can return to practice with useful tips for the best results in root canal treatment. If you are hoping to learn about current concepts of cavity preparation and the latest restorative materials, look no further than the full-day offering from Drs Céline Higton and David Gerdolle on the indirect restoration of a carious tooth (see panel). Drs Advan Moorthy and Mark McLaughlin will give a taste of guided surgery and how it can enhance implant treatment outcomes and predictability

with their half-day workshop. Meanwhile, Dr Erik-Jan Muts will present practical tips and insights for everyday clinical use in his full-day course entitled 'Life hacks in restorative dentistry'.

Day 1

On the first day of the main conference proceedings, there will be two lecture programmes running concurrently. First up in Programme 1 are Drs David Gerdolle and Céline Higton, with their joint lecture on 'Posterior adhesive restorations: precision, skill, and the secret to lasting success'. Meanwhile, in Programme 2 Dr Siobhan Lucey shifts the focus to younger patients, with guidance on practical management of caries and molar incisor hypomineralisation (MIH) in paediatric cases. Dr Kreena Patel will explore one of the most challenging dilemmas in modern endodontics – cracked teeth – while over in Programme 1, Prof. Avi Banerjee presents on 'The future is minimum intervention oral care (MIOC): strategies for managing caries in primary care'.

Later in the morning, Dr Justin Moloney will take attendees through the dos and don'ts of molar extraction, while Drs David Gerdolle and Céline Higton give their second lecture, on mastering aesthetics and patient-centred choice in anterior restorations. Before lunch, dentists will gain insights from Dr Andrew Bolas on oral radiology, and Drs Advan Moorthy and Mark McLaughlin on periodontic-prosthodontic multidisciplinary care. After lunch, while Dr Erik-Jan Muts lectures on enamel infiltration in daily practice, Prof. Banerjee will be back speaking about biomimetic restorative dentistry. Dr Robert Kelly will present his 10 steps to avoid a heart attack, and Prof. Raj Rattan will look at artificial intelligence (AI) in dentistry (see panel). Wrapping up the speaker sessions for the day, Prof. Ciaran O'Boyle will present 'Psychological coping strategies for a challenging world'.



Speaker focus

Dr David Gerdolle



David is a clinician working in Switzerland, with a focus on adhesive and biomimetic restorative dentistry. His clinical and research activities concentrate on minimally invasive indirect restorations, posterior adhesive rehabilitation, and the translation of scientific evidence into reproducible daily protocols. David is involved in teaching internationally,

and has co-authored multiple peer-reviewed publications on preparation design, immediate dentin sealing, margin management, and adhesive cementation concepts. At the Conference, David will focus on indirect bonded restorations and their application in complex posterior cases. He explains that he will highlight biologically and biomechanically driven preparation concepts, deep margin management, and evidence-based adhesive cementation protocols: "Particular emphasis will be placed on predictable clinical workflows, including advanced isolation strategies, immediate dentin sealing, and contemporary luting approaches such as the no-finishing and multi-luting concepts". David adds: "The objective of the lecture is to provide practical, scientifically grounded protocols that clinicians can immediately integrate into their daily practice, especially when managing heavily restored or structurally compromised teeth".

Speaker focus

Prof. Raj Rattan



Raj is a dentist who has served as Dental Director at Dental Protection since 2016. He developed the 'Safer Practice Framework' for AI on behalf of Dental Protection, and writes articles on the applications and ethics of AI. Raj has a keen interest in the evolution of ethics in light of technological impact, and recently completed an MA in philosophy.

Raj explains: "My interest in technology in dentistry and AI dates back to 1988, when I was one of the first dentists in the UK to use CAD/CAM technology in practice, having received training at the University of Zurich".

At the Conference, Raj will examine how ideas that originated in science fiction have evolved into the AI systems shaping the dental profession: "I will explore where AI has come from, where it currently adds value in clinical practice, and where its future trajectory may take us – including the opportunities, risks, ethical questions, and regulatory challenges that lie ahead. The aim is to review AI's potential and its pitfalls".

In anticipation of his lecture, Raj says: "As a writer and avid reader of science fiction stories, I asked myself *what if*, the scientist in me asked *how*, and today I find myself asking *should we?*"

Day 2

On Saturday, two programmes will run simultaneously once again. While Dr Catriona Kiernan explores the nuances of facial aesthetics, Dr Tom Barry will be lecturing on bisphosphonates and medication-related osteonecrosis of the jaw (MRONJ). Dr Dermot Canavan and Kim Cusack offer complementary presentations on temporomandibular disorder (TMD) therapies (see panel), while attendees of Programme 2 will learn about aligner orthodontics in general practice from Dr Ian Danaher.

Ortho restorative dentistry course

In an exciting addition to the programme, there will be a full-day, hands-on course directed by Dr Tif Qureshi on Saturday, April 25.

This session will cover combined simple direct restorative bonding and planned orthodontics for safe, aesthetically pleasing, and long-term functional dentistry that is accessible to everyday patients.

Tif will look at everything from the functional benefits of the interceptive treatment of wear to the principles of the alignment, bleach, bonding concept.

Dental Nurses/Team Day

The Dental Nurses/Team Day on Saturday is a unique occasion, not to be missed by dental nurses and the wider dental team. Darren Bowers and Jim Way from Medray will present on equipment, its daily care and maintenance, and Holly Dickson of Dentisan will speak about infection control in dentistry. Oral radiology for dental nurses will be explored by Dr Andrew Bolas before an update on medical emergencies from Dr Michaela Dalton. Dr Noel Kavanagh ends the session by sharing his insights around ‘Communication for the dental nurse’.

Practice Managers Day

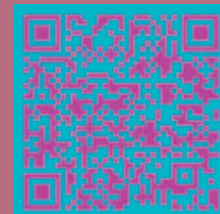
For the first time, a dedicated, full-day programme for practice managers will be held at the Conference. The first-of-its-kind training programme is sponsored by Dental Care Ireland, and attendees will be presented with the inaugural IDA Certificate in Practice Management. The course is designed to empower practice managers through engagement with the key topics of social media, staffing issues,

employment law, compliance and inspections, and practical team-building strategies. First in the speaking line-up are Lindi Barber and Vicky Turner of Dental Care Ireland, who will reveal the secrets to success in practice management. Next, Dr Michaela Dalton will speak about medical emergencies and provide a drugs update. Dr Andrew Bolas will give a talk on Health Information and Quality Authority (HIQA) inspections. Representatives from Voltedge consultants will examine HR and employment issues, followed by Roisín Farrelly from the IDA presenting on ‘Contracts, compliance, and how the IDA can help’. After lunch, attendees will hear from Martha Sheridan of Gallagher Insurance on insurance checklists for dental practices. Dental coach Lisa Grogan will close out the day with two consecutive talks: first on social media strategy for dental clinics, and second on culture and leading high-performance teams.

Social events

Of course, not only lectures and learning await in Killarney. Conference delegates will also be delighted with plenty of opportunities to mix, mingle and have fun. On the Thursday evening, the Conference Welcome Dinner will take place at the popular Tan Yard restaurant. The evening’s entertainment includes a performance from Nicole Loneragan, talented violinist from the folk band Biird. The Annual Conference Dinner will be held on Friday evening at the Great Southern Hotel. This is always a wonderful occasion, with a drinks reception, dinner, wine, and an after-dinner DJ providing an excuse to hit the dancefloor in style. The President’s golf competition, from 10.00am on Thursday, offers a chance for delegates to win the President’s Prize, while exhibitors can play for the JIDA Cup.

To read the full Conference Programme, and for further information on how to book and where to stay, scan the QR code.



Speaker focus

Dr Dermot Canavan and Kim Cusack

Dermot will look at incorporating TMD therapies into general practice and the opportunity to enhance patient care. He explains: “The treatment of temporomandibular disorders has traditionally fallen to the dental profession, and while the majority can be satisfactorily managed by a dentist, a significant cohort of patients have complex problems, including pain referral from the cervical spine into the midface area”. Dermot adds that physiotherapists like Kim Cusack are a wonderful resource for dentists struggling to manage TMD patients in their practice: “The combination of advice and treatment from both the dentist and the physiotherapist provides patients with the optimum therapeutic approach”. At the Conference, he will be encouraging dentists to get involved in the treatment of TMD, as he says: “Much can be achieved in general dental practice”.

Kim will follow with her presentation on how physiotherapy can assist in the management of TMD. Kim set up Faces Physiotherapy in 2021, and works exclusively with orofacial pain, cervical spine dysfunction and headache management. She is in the final year of an MSc in orofacial pain at the



University of Sydney, which she says has given her a great understanding of multidisciplinary team management for orofacial pain. Looking ahead to the Conference, Kim outlines her primary focus:

“The aims of the session are to: recognise clinical indicators for physiotherapy referral and how collaborative care can improve outcomes in TMD patients; explore treatment approaches for TMD, including exercise therapy, manual therapy and pain education; and, explore how physiotherapy can support dental interventions, reduce symptom recurrence, and enhance long-term patient outcomes”.

A stronger team, a stronger practice

Good HR procedures are vital for Irish dental practices.

Roisín Farrelly

Director of Communications & Advocacy, Irish Dental Association



Running a successful dental practice in Ireland today requires far more than clinical excellence. While patient care remains at the heart of every dental clinic, the ability to attract, retain, motivate, and effectively manage a team is also essential. Good human resource (HR) practices underpin everything from staff morale to regulatory compliance, and dental practices that prioritise HR will enjoy smoother operations and stronger team cohesion.

Why HR matters in dental practices

Dental practices tend to be small businesses with tight-knit teams. This means that every individual's attitude, performance, and level of engagement have an impact on the working environment and the patient experience. HR provides the structure that ensures your practice operates professionally, ethically, and in line with Irish employment law. Whether it's issuing proper contracts, managing working hours, handling grievances, or ensuring health and safety compliance, HR safeguards both your employees and your business.

Attracting and retaining talent in a competitive market

Recruitment has become one of the most challenging issues for dental practices across Ireland. Good HR helps your practice to stand out. Clear job descriptions, well-structured interviews, competitive benefits, and a reputation for being a supportive employer all play a role in attracting the right people. Retention is equally important. When employees feel valued, supported, and given opportunities to grow, they are far more likely to stay long term. HR systems, such as performance reviews, training and recognition, lay the foundation for a stable, loyal team.

Motivation, morale, and teamwork

Good HR practices also drive motivation. Employees who receive regular feedback, know their contribution is valued, and have opportunities for training and professional development, feel more engaged and committed. Recognition – whether formal or informal – goes a long way in boosting morale.

HR also helps to cultivate a culture of collaboration by ensuring communication is open, tasks are well defined, and workloads are manageable.

Practices that focus on staff well-being also tend to have higher levels of productivity and better patient reviews. Simple measures such as ensuring adequate breaks, encouraging CPD, promoting work-life balance, and maintaining a respectful environment can transform team dynamics.

Staying compliant with Irish employment law

Irish employment legislation is extensive and constantly evolving. Dentists, who are primarily clinicians rather than HR specialists, often find it difficult to keep up. However, compliance is not optional: proper contracts, adherence to working time rules, fair procedures for disciplinary issues, and health and safety obligations all form part of an employer's legal responsibilities. Common HR compliance requirements include:

- up-to-date employment contracts for all staff;
- clear policies and procedures (grievances, discipline, dignity at work, etc.);
- accurate record-keeping for working hours, holidays, and leave; and,
- health and safety compliance specific to dental settings.

Managing conflict and common workplace issues

Even in the best dental practices, conflict is inevitable. Differences in working styles, communication breakdowns, workload pressures, or unclear responsibilities can all create tension. HR provides the structure and processes needed to address these challenges early and constructively. Informal resolution is often the best first step, but when issues escalate, having fair and transparent procedures for managing grievances or disciplinary matters is essential.

Early intervention is key: conflict left unaddressed can damage morale, increase turnover, and affect patient care.

Where to get support: the Irish Dental Association

The good news for dentists is that they do not need to navigate HR challenges alone. The Irish Dental Association (IDA) offers extensive support, exclusive to our members, including:

- HR and employment law guidance;
- template contracts, policies, and procedures;
- HR manual for dental practices;
- employee handbook specifically for dental practices; and,
- HR/employment law webinars and CPD training.

If you have any HR issues or questions you can contact me in IDA House.

I will be speaking on HR and IDA supports as part of Ireland's first ever Practice Management Certificate for dentistry at this year's Annual Conference in Killarney. The IDA will also be hosting a full day on HR on Friday, May 15. This is sure to sell out so make sure to book early.

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Classified ads

Classified advertisements are accepted via the IDA website – www.dentist.ie – only, and must be pre-paid. The deadline for receipt of advertisements for inclusion in the next edition is Friday, May 1, 2026. Classified ads placed in the *Journal* are also published on www.dentist.ie for 12 weeks.

Please note that all prices are inclusive of VAT.

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up to 25 words	€135.30	€270.60
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Please note that all classified adverts MUST come under one of the following headings:

- ▶ Situations wanted
- ▶ Situations vacant
- ▶ Practices for sale/to let
- ▶ Practices wanted
- ▶ Equipment for sale/to let

Classified adverts must not be of a commercial nature. Commercial adverts can be arranged by contacting Paul O'Grady at Think Media.

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Irish-registered, experienced orthodontist seeks part-time position, ideally to rent or option to buy in the medium to long term in Dublin/south Leinster. Confidentiality guaranteed. Contact irishorthodontist@gmail.com.

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Associate dentist required part-time, with full-time scope in future, for a busy, modern, fully private practice in Dublin 15 equipped with CBCT, Primescan 2 and other mod cons. Fully trained supporting staff. Excellent remuneration. Minimum two years' experience. Email admin@d15dentist.ie.

Malahide Dental Care is looking for a part-time experienced associate to provide maternity cover. Position available now until April 2027. Malahide centre and great supportive team. CV to cirocia04@gmail.com.

Modern, busy Cork practice seeks friendly, motivated dental associate for full- or part-time role. Excellent support, strong patient base and a warm team environment. If committed to high-quality care, please contact kevinorourke1963@gmail.com for further details.

Dental associate position available in Dublin in large, well-established, fully private multidisciplinary practice. Flexible shifts available. Excellent remuneration. Mentoring opportunity available if required. CPD provided. State-of-the-art equipment and best-practice dental materials available. Free parking and excellent Dart/Bus services. Well-experienced and friendly support team. Dental specialists and hygienists also working on site. Very collaborative and helpful team environment. Contact dentalassociatepositiondublin@gmail.com.

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Part-time associate required, two days/week. Busy general practice, private and GMS in Douglas, Cork. Computerised and digital x-ray. Friendly working environment with longstanding support staff. Experience and Irish Dental Council registration essential. Contact mccashman@yahoo.com.

Part-time experienced associate required for multidisciplinary, modern practice in Dublin 4. Initially two sessions per week with scope to build. Also opportunity for full-time locum (June-September) to cover very busy, established book. Cerec experience preferred. Contact office@pembrokedentist.ie.

Midleton: energetic associate dentist needed for our busy, growing practice! High-tech, supportive team, great patient base. Perfect opportunity for a passionate clinician to grow. Part-time initially. Contact hiddengedental@outlook.com.

Fairview Dental Clinic is seeking an associate dentist two days per week, commencing May 2026. Fully digital practice with scanner. Our close-knit team offers a supportive, collaborative and patient-centred work environment. CV to reception@fairviewdentalclinic.ie.

Associate dentist needed for our Carlow practice! High-tech, supportive team, great patient base. Perfect opportunity for a passionate clinician to grow. Part- or full-time. Contact john@dentalsuite.ie.

Associate dentist required for well-established, busy family practice in Oranmore, Galway. Three to four days per week. Mainly private/PRSI. Would suit a conservative, conscientious dentist. Experience essential, must speak fluent English, registered with the Irish Dental Council. Excellent support team. Contact maeve@oranmoredentalcare.com.

Experienced dental associate required in Carlow Town. Full-time position in private, well-established clinic. Be part of a great multidisciplinary team with many visiting specialists. Excellent backroom support. Cerec, in-house laboratory, digital scanner, CBCT. Please send CV to bbarrett@pembrokedental.ie.

Wanted: experienced dental associate to join a modern family practice in Cork. Full book available. Ideally commence as soon as available. Minimum three days but ideally four days. Excellent staff and conditions. Please email kevinourke1963@gmail.com or call 087-289 8391.

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Raheny Dental Centre seeks part-time dentist for two days per week in our modern, well-equipped two surgeries, with intra-oral scanner. Patient-focused, experienced supportive team treating private, PRSI and medical card patients. Irish Dental Council registration essential. Contact rahenydentalcentre@gmail.com.

General dentist required to join modern, digitalised, fully private Limerick practice. Potential to work in multiple chair set-up supported by assistants and co-ordinators. Excellent remuneration potential. Contact jennifer@3dental.ie.

Mayo: full-time general dental practitioner sought for a purpose-built private clinic in Castlebar. Well-supported team, CBCT, OPG, digital scanner, sedation and implants. Great learning opportunity. Minimum one year's experience required. CVs welcome. Contact dr.odonovan@cubedental.ie.

Dental Care Ireland Cork City – full-time dentist, strong patient book within our established practice. Experienced clinical support team in place. Must have Irish Dental Council registration. Contact careers@dentalcareireland.ie.

Dentist required in Waterford to cover maternity leave from end of March 2026. Full- or part-time to suit candidate. Well-equipped practice with friendly support staff. Private and PRSI only. Must be Irish Dental Council registered. Email info@waterforddentist.ie or call 087-771 8078.

Exciting full-time dentist position available in Galway City! Become part of our welcoming, multidisciplinary practice where patient care, mentorship, and modern technology come together. Enjoy a busy diary, excellent salary, and continuous learning in a collaborative, forward-thinking team. Contact jason@jmedental.ie.

Ennis: experienced dentist required for busy, long-established clinic, Monday to Wednesday, flexible hours. Active patient list, excellent scope for general or cosmetic dentistry, surgery, crown and bridge, aligners. High-quality practice, supportive team. Contact dr.odonovan@cubedental.ie.

Experienced dentist required for a modern practice in Nenagh, Co. Tipperary. Five surgeries, fully digital, CBCT, hygienists, visiting specialists. Must be registered with Irish Dental Council and have experience. Send CV to contact@nenaghdental.ie.

Tralee Dental and Implant Clinic is seeking a friendly, enthusiastic and motivated dentist to join our team three days a week, in a fully supportive and progressive work environment. Commencing June 2026. Fully computerised, digital x-rays and scanners, Cerec and implants. Contact pmorandental@gmail.com.

Full-time general dental practitioner required for an established, state-of-the-art clinic in Westport, Co. Mayo. Excellent support staff, CBCT, intra-oral scanners, 3D printing, restorative and implant dentistry. Great learning opportunity. One year minimum experience. Start summer 2026. Contact shane@mayodentalclinic.com.

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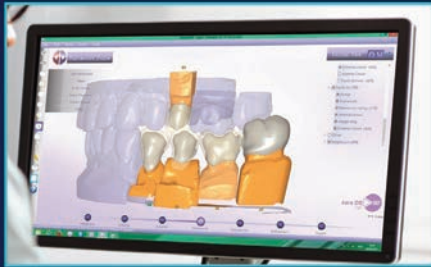
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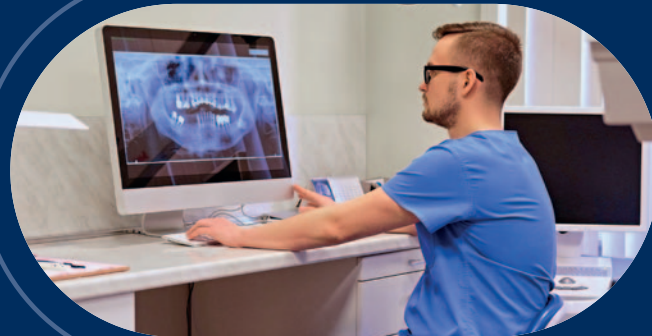
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A visit to remember

Neil Tully is a dentist and writer based in Cork. His first novel, *The Visit*, was published last month.

Caoimhe Coolican

Copy editor/journalist at Think Media Ltd



Why did you choose dentistry as a career?

I think at 17, guided by older people and parents, it was a practical decision to choose a career that would be reliable and allow certain freedom to travel. Thankfully, it's been a flexible and steady job. No matter what's going on in the world, it's always reliable work. I've lived in Edinburgh, Inverness and Australia – it's great! It's one of those jobs that you can pick up anywhere.

Can you tell us about your dental training/education?

I trained in UCC, and qualified in 2012. From there I went to Inverness for my vocational training, which was a really interesting year off the beaten track up in the Highlands. Then I went into general practice.

Like most general dentists, it's been a lot of short courses and upskilling rather than a special interest or specialty training.

What is your favourite part of dentistry?

I like being a general dentist in the old-fashioned sense of the word: providing a service to a community and being expected to deal with pretty much everything that comes in the door with a certain level of competence. I like working in a practice that has a good local reputation and is essential to the area we're in, north Cork City.

Tell us about how you came to creative writing.

I feel like it was always there and just took a back seat for the years of studying dentistry, which is pretty all-consuming in terms of time at a desk. Once I was out of college, I got back to writing. I did a short course in Edinburgh, and it reminded me that it's what I like to do and what I'm comfortable doing. That's about 10 years ago, and I've been writing steadily since then. I did an MA in creative writing in 2022. I absolutely loved it; it never felt like work. I was writing and reading a lot anyway, so it was the same volume of stuff I was committed to writing, but in a structured way. If I could do it again tomorrow I would.

What did you find most challenging about writing your first novel?

Probably the patience. I finished this book two and a half years ago. It took two and a bit years to write, and then two years of waiting for publication and the

right window to launch it. All that gets taken out of your hands, and you just have to wait. The work itself, the creative side of it, is always enjoyable. But it's the stuff that's out of your control that's more challenging. Trusting that process is definitely the most challenging thing.

What's the book about?

It's set in New Ross in June 1963, as the town is preparing for the visit of President Kennedy. It follows a Garda sergeant named Jim Field, who feels guilt and responsibility for a troubled young outcast who lives on the fringes of the community.

As the month goes on and the visit gets nearer, this young man's actions could have terrible consequences for the town while the eyes of the world are on it. It's about progress and change. While these things are essential, and things we want, they inevitably leave people behind.

What do you think are the big issues for dentistry in Ireland?

Probably the biggest one is the near collapse of the school dental system. It's massively underfunded. If you can get on top of oral health at that age, you'll get a whole generation of patients attending general practice as adults with far better teeth. We have 12- and 13-year-olds coming in, paying privately because they couldn't wait any longer.

They haven't seen a dentist in six years in the schools. That's never a criticism of the dentists in that service – they're brilliant and hardworking. But it's so underfunded and understaffed, it's incredible. It's a dereliction of a health responsibility.

Are you writing anything at the moment?

I've finished my second novel as far as I could take it, but that will now go to an editor to see what shape it's in. Between that and writing shorter things, I write every day or as close to every day as possible. One big blessing of dentistry is that I've been able to be flexible with my hours.

There aren't many jobs where you could drop down to maybe three and a half days a week and still earn enough to support your creative work. That's a privilege that dentistry has given me.



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