



Stress management in dental practice

Who is this workshop for?

This workshop for dental practitioners and practice managers.

What is the workshop about?

It is widely acknowledged that high levels of stress are experienced by dental practitioners and their staff due to the nature of the profession. Stress-related illness account the huge number of days lost from work in the UK and on average a period of absence is 6 times longer than with other illness or injury. This workshop is aimed at addressing stress levels of staff in dental practices. It will help individuals to look at what causes stress through the signs and symptoms which they display and also provide a framework for coping with stress.

What are the learning objectives?

By the end of the workshop delegates will be able to:

- Define and understand stress and what causes it.
- Demonstrate techniques for dealing with stress
- Appreciate the implications of not dealing with stress in the workplace
- Understand the importance of stress risk assessments
- Utilise the appropriate communication skills during risk assessment meetings.

What should I expect to gain from the day?

- Practical solutions for dealing with stress in the workplace
- Positive methods for identifying the difference between pressure and stress
- A framework for undertaking stress risk assessment meetings

Workshop outline and key topics covered

The workshop opens with the discussion around the importance of dealing with stress in the workplace and why we should take it seriously. During morning session we will consider the stress and pressure curve and how individuals react to pressure. We will also look at the signs and symptoms which we display when we are under pressure.

The second part of the morning session looks at the management of stress by analysing the manager's part in the problem and also in the solution. The exercises used here provide in-depth understanding and also practical solutions which can be used back the practice.

The afternoon session concentrates on the Health and Safety Executive management standards for work related stress. The HSE provides very comprehensive guidelines on stress management and we look at how this can be adapted and used within our practices particularly in terms of stress risk assessment meetings with our staff. We conclude the workshop with a session covering the communication skills required for effective risk assessment meetings.

Registration will commence from 9.00am, the meeting will begin at 9.15am and will finish at approximately 4.15pm. This course is generally regarded to provide 6 hours of CPD