

You've Got a Friend in Me: Mental Health in Dentistry

Talks of burnout, stress, anxiety and depression have never been so widely talked about in the dental profession as it is today. With the increase of stress from the COVID-19 pandemic and increased demands of being clinical dentistry, it is no wonder so many dental professionals are leaving the profession and reporting feelings of burnout. This course will identify symptoms of burnout and ways to combat burnout in dentistry. I will take clinicians through my personal journey with burnout and what I did to reignite my passion for dentistry.

This course will also focus on mental health disorders and its impact on oral health. This course seeks to identify signs of anxiety and depression in our patient population. The goal of this course is to bring awareness to mental health issues in patients and clinicians. The course will also provide resources and strategies when dealing with patients with anxiety and depression, and other mental health disorders.

The learner will be able to

1. Identify signs of burnout in dental practitioners.
2. Modify their care for patients suffering mental health disorders.
3. Assess the patient's oral health status and its correlation with the patient's mental health.

While patients are often our priority, this course seeks to identify signs of anxiety and depression in our patients and clinicians. Through this course, we hope to bring awareness of mental health issues in all populations and how that impacts our care. We will focus on mental health disorders and their impact on oral health. The course will also provide resources and strategies when dealing with patients with anxiety and depression, and other mental health disorders.