



Training is as important as the technology

With 345 trainers in 40 countries, the Swiss Dental Academy (SDA) is a globally leading CE institution in the field of preventive dentistry. Celso Da Costa, responsible for the SDA worldwide, and Andrea Peric, for the German-speaking countries and the Netherlands, explain why Guided Biofilm Therapy (GBT) represents the future of preventive dentistry, and how the SDA ensures that the GBT protocol is implemented on a high quality level.

"In the past, many patients experienced their prophylaxis session as uncomfortable or painful. So, I was looking for a solution that leads to optimal results and at the same time makes my patients and the whole practice team feel good."

Celso Da Costa is a dental hygienist graduated from the dental institute of the University of Lisbon. As a clinician and head of the prophylaxis section of a

big Swiss clinic group, he decided to introduce Guided Biofilm Therapy (GBT) developed by the world leading Swiss company EMS together with scientists, practitioners, and engineers: *"GBT is something basically different and significantly better than conventional methods. It is a systematic, evidence-based solution for professional oral biofilm management,"* according to Da Costa.



Celso Da Costa, dental hygienist and Global Head of the SDA

He reports that GBT is practically pain-free and is often described by his patients as a wellness-like experience. He also saw that GBT helps clinicians do their work in a significantly more effective and tissue-friendly way. And finally, the concept has the potential to boost both team motivation and practice economy, e.g., with the aid of a standardized certification (GBT certified practice). With GBT, the clinic group's not inconsiderable turnover could be doubled. Da Costa: *"In addition to prophylaxis, GBT can also be successfully used in connection with numerous procedures, e.g., in restorative and pediatric dentistry, and orthodontics."*

SDA trainings bring the best return on investment

Founding of the Swiss Dental Academy (SDA) by EMS was connected with the desire to offer clinicians the opportunity to try out the AIRFLOW® and PIEZON® PS technologies for themselves, Da Costa continues.

„Until today this ‘touch and feel’ approach helps to understand how our precise and unique instruments work, such as the Swiss Original AIRFLOW® Prophylaxis Master device,” says Da Costa. To provide an even more realistic experience, the SDA expanded its course offerings to include GBT practice training. This allows participants to apply what they have learned immediately to their own patients and colleagues in familiar surroundings and to experience GBT for themselves. What’s more, the GBT practice training promotes teamwork.

“Our highly qualified trainers ensure that after completing the courses, the team will work on a maximum clinical level. The gentle prophylaxis treatment according to the GBT protocol will bring smiles to both patients’ and clinicians’ faces. It also provides the best possible return on investment for the practice.”

Besides this hands-on approach, all courses are based on a strong foundation of scientific evidence. Numerous clinical studies involving the GBT protocol and EMS state-of-the-art technologies have been published in high-level journals. This unique research background is mirrored in the course contents as well as in the official consensus document in favor of GBT, signed by the renowned clinicians Prof. Dr. Niklaus Lang (periodontist), Prof. Dr. Adrian Lussi (cariologist) and Dr. Klaus-Dieter Bastendorf (practitioner and pioneer in the field of preventive dentistry) [1].



Andrea Peric,
Manager GBT courses for
Germany, Austria,
Switzerland and the
Netherlands

Since 2007, Andrea Peric has managed and coordinated prophylaxis courses for dental teams in the German-speaking countries and the Netherlands. She is one of the first members of the Swiss Dental Academy for which she helped develop and implement a sophisticated range of formats, including special courses for the preventive treatment of kids and teens. According to Andrea Peric, the SDA started in Germany as a ‘small plant’, but now is a big tree with strong roots on all continents.

Her motivation and passion for the SDA are driven by the people she works with: “My team is highly motivated. We put our heart and soul into our job.”

Andrea Peric adds: “The unique combination of theory, practice and know-how courses at the SDA is very different to other prophylaxis courses. Our participants are constantly confirming this.”

Today the Swiss Dental Academy is key to ensuring optimal GBT treatment. Da Costa agrees: “Without our trainers we would not be where we are today. At the SDA, we work together as a great team, based on our top-level clinical qualification.” Following the basic GBT qualification, annual ‘train the trainer’ updates ensure a consistent quality of the courses. They include specific core themes, such as communication skills or caries prevention. All SDA trainers are passionate about the GBT protocol. This makes them authentic ambassadors and convincing instructors. For example, Da Costa instructed even his former university professors in the application of GBT.

GBT is a tool to transform dentistry fundamentally

Celso Da Costa summarizes: “For me, Guided Biofilm Therapy is a game changer, a tool that helps transform dentistry in a fundamental way. Prevention is the future, and the future of prevention is GBT. But this shift can only happen with the SDA, which means training, training, training. Therefore, our passionate and highly qualified trainers are the key. They are absolutely crucial for the dissemination of GBT in dental practices and clinics worldwide.”



Interview report: Dr. Jan H. Koch

Images: © EMS Dental

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The SDA – names, numbers, course formats

Founded in 2005, the Swiss Dental Academy (SDA) today offers more than 2,000 GBT courses a year (2019). 345 SDA trainers coach dental teams in 35 countries worldwide. The SDA trainer team comprises accomplished dental experts, e.g., periodontists, dental hygienists and other specialists. Besides courses, there are also 1-day practice courses and 60-90 minute GBT demonstrations available (on site or online). All practice-based courses comply with current national or regional hygiene regulations.



"A systematic clinical concept": DH Adina Mauder explains how Guided Biofilm Therapy helps boost each dental practice both from a clinical and economical point of view (GBT on-site practice training: Dental Practice at Gendarmenmarkt, Dr. Hakan Uzun, Berlin).

Training tools for great equipment

Guided Biofilm Therapy is the systematic, evidence-based solution for oral biofilm management in professional prevention using state-of-the-art AIRFLOW[®], PERIOFLOW[®] with AIRFLOW[®] PLUS Powder and PIEZON NO PAIN[®] technologies on teeth, soft tissues, orthodontic appliances, restorations and implants. Best clinical results are only achievable when the biofilm has been completely removed, which can be verified by biofilm disclosure [2]. Special tools are required for GBT treatment, which have been tested in extensive clinical research. In addition, to make sure that the GBT procedure is "mastered" by the participants, all hands-on courses include the use of specific aids (training tools). More information:

<https://gbt-dental.com/Training-PNC-0421>



Before treating their own patients, course participants with trainer Adina Mauder practice with the training tools. In this case, a specially coated test tube is instrumented with a PIEZON[®] PS piezoceramic scaler.

Safe prophylaxis – with GBT

At the beginning of the Covid-19 pandemic, patients had concerns about infection due to aerosols. In the meantime, it has been established that with routine dental hygiene measures, such as personal protective equipment (PPE) and high-volume suction, infection risk in dental settings is not increased in comparison with pre-pandemic conditions [3]. To provide maximal safety during professional biofilm management, modern AIR-FLOWING[®] technology* is recommended [4]. For example, using the new AIRFLOW[®] MAX handpiece with GUIDED LAMINAR AIRFLOW[®] technology controls the turbulence of the air-water-powder stream and thereby significantly reduces aerosols [5]. Due to the significant and essential differences in powder management, the term AIR-FLOWING[®] was introduced in a study [5]. The term AIR-FLOWING[®] stands for the perfect trilogy of AIRFLOW[®] Prophylaxis Master (AFPM), AIRFLOW[®] MAX and AIRFLOW[®] PLUS powder.



AIRFLOW[®] MAX and AIRFLOW[®] PLUS powder remove the biofilm, discolorations and early calculus effectively and gently, while protecting oral tissue and restorations. With specific GBT tools, the SDA trainer demonstrates the proper use of the instrument.

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