

Hands-on at the GBT Training Center in Munich

Become a Prevention Expert

An article by Dr. Jan Hermann Koch

Over a year ago, the Swiss Dental Academy (SDA) opened a state-of-the-art training center in Munich, offering weekly courses for beginners, experts, and entire teams. The courses focus on the practical application of Guided Biofilm Therapy (GBT) with the Airflow Prophyllaxis Master. Following the motto "practice makes perfect", the courses provide the participants with 15 phantom head units and two fully equipped GBT Lounge treatment units.

"Welcome! We all understand why the GBT protocol significantly surpasses conventional PMPR. With GBT I feel good even after working a 40-hour week, and I don't have any pain in my wrists from strenuous scratching with conventional hand instruments," says hygienist Marija Scheffler. The participants, most of whom are already familiar with the systematic, evidence-based, and painless GBT protocol, are immediately in agreement with the trainer. After a recap of the clinical benefits – highlighting how the method is gentle on the tissue, and both effective and pleasant for patients – and a discussion of why disclosing is so important for quality control, Marija explains why "polishing" after a GBT treatment has no clinical benefit, as independent studies show. This



^ 01 With 15 fully equipped phantom head workstations, the GBT Training Center in Munich offers individual practice-based education opportunities.

is because classic polishing can alter the natural structures of the hard tooth substances and transport polishing pastes into the depths of the cleaned structures.

Practice makes perfect

One option is the intensive course, in which about 90 percent of the time is reserved for the practical application of the Airflow Prophyllaxis Master for primary (PMPR) and secondary (AIT/SPT) professional prevention. Marija explains the correct device settings, the application of the different powder types, and how to correctly handle the various instruments. The participants practice on special training tools that simulate clinical situations: "With Airflow Plus Powder, level 3 is normally fine; in case of more severe discoloration, you can press the foot pedal to use the boost function. Pay attention to the correct distance to the oral surfaces, the correct angle, and the working speed. We practice all of this intensively until you could do it correctly in your sleep." The removal of subgingival biofilm in pockets up to 9 mm deep is gentle on the substance and tissue and carried out in accordance with Guided Biofilm Therapy (GBT) using the Perioflow handpiece and Perioflow Nozzle. Its application is also intensively practiced using a specially designed training tool.

The participants come one step closer to real patient scenarios with the phantom



^ 02 Hands-on: Each workstation is equipped with an Airflow Prophyllaxis Master, a phantom head, and its own suction device. Furthermore, there are two treatment units (GBT Lounges) and a complete sterilization room.



^ 03 **Dr. Nora Kögel is a dentist and business graduate as well as project manager for the GBT Training Center in Munich: "In times of staff shortages, practice owners are happy to use Guided Biofilm Therapy and our courses to attract and retain staff."**

heads, which have been prepared with painted tooth surfaces and realistically simulated dental calculus. This is removed in a gentle and painless way by the piezoceramic disks that move the PS instrument linearly, or with the Piezon PI MAX Instrument for peri-implant cleaning. There is plenty of time throughout the entire training session for participants to ask detailed questions. Technical questions about the device are also addressed and can be answered competently.

The medical expertise of the SDA

becomes clear with the topic of pregnancy: According to the Recommendations of the German Society of Periodontology (DG Paro), preventive professional prophylaxis (PMPR) is indicated at the start and end of pregnancy. In addition, non-surgical systematic periodontal therapy can be performed – taking the risk factors into consideration – in the second trimester of pregnancy (week 13 to 25).

"Establish a relationship"

Marija Scheffler confidently answers questions about solving possible malfunctions and, with a wink, recommends establishing a relationship with your own Airflow Prophylaxis Master as you would with your own partner.

First-class ratings, tailored courses

The seven participants of the GBT Intensive Course on Friday afternoon come from Bavaria, Baden-Württemberg, and Saxony. The course time from 11:00AM to 3:30PM allows for arrival and departure on the same day. At lunchtime, light and tasty snacks are offered, also with some vegetarian delicacies. Course content, trainers, technical equipment, premises, and atmosphere are regularly given top ratings (5.0 out of 5 points). Even professors and teams from international universities are impressed by the training courses offered at the Munich Training



^ 04 **Hygienist Marija Scheffler is there to assist and advise participants and recommends "establishing a relationship with your Prophylaxis Master."**

Center. Across the globe, the SDA offers more than 6,000 courses a year with over 45,000 participants. The GBT Training Center in Munich focuses on tailor-made training opportunities that optimally complement the GBT practice training also offered. The courses are held in Munich almost every Wednesday and Friday and are carefully tailored to the participants' needs. GBT training courses are therefore highly recommended for anyone who wants to help shape the preventive future of dentistry and oral medicine.

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"Best possible return for the practice"

Dr. Nora Kögel is a dentist and business graduate, and project manager for the GBT Training Center in Munich, where she is also responsible for answering clinical questions: "The scope and quality of our training courses are at the highest level." Dr. Kögel sees the unique quality of the "didactic course concept with a major focus on practical content. Here, EMS sets standards in methodology and products, as well as in training. In times of staff shortages, practice owners are happy to use Guided Biofilm Therapy and our courses to attract and retain staff."

To keep up to date with the latest in professional prevention, sometimes entire teams with dentists also take part: "GBT Certified practices are particularly successful. The clinical concept is not only worthwhile for patients and team motivation, but also brings the best possible return."



Registration