

BADN Conference
National Dental Nursing Conference
17-18 November 2017
Session Report
Healthy Habit Formation-Theory Meets Practice

Following the keynote speech and a hearty conference lunch, Elaine Tilling provided delegates with an enthusiastic presentation on healthy habit formation and how this can be used to inform our messages in everyday dental practice. Equipped with 'Pudsey' ears in recognition of 'Children in Need' Elaine's passion for health promotion was evident exploring the psychology of behavioural change in conjunction with the latest research in healthy habit formation.

Elaine's wider interests within health promotion and habit formation have led to the development of smoking cessation and oral cancer awareness training for dental teams across the United Kingdom. Elaine explored the trends in smoking and vaping and daily hygiene routines. The integration of evidence based theory provided delegates with an opportunity to view patient compliance with health messages in practice and their relationship with current research. The different dimensions of health were discussed, including the timeframes for habits to be formed and subsequently broken. Elaine introduced delegates to 'health as a commodity' shifting the responsibility of health away from the individual to the person from who it was purchased. Likewise, the COM-B Model of healthy habit formation was discussed and how this model can be used when motivating the individual towards behavioural change and in the development of interdental habits.

Well done Elaine, a thought provoking presentation and one that will be used by the dental nurse to inform changes to current practice. A most enjoyable hour spent.