

## Thank you for partnering with Focus on Health We wish you a healthy, positive and prosperous year

Over the years we have sent lengthy newsletters, informing you of many of our services. This year we will keep it short and sweet with bullet points of “Did you Know?”. Should you wish to receive more information with regard to a product or service, you are welcome to send us a WhatsApp (074 230 3874) or give us a call on (012)653-0133/2394 and one of our friendly representatives will kindly assist. We would also just like to inform you that our fees for 2020 did not increase.



### Did you know? We ...

- **Liaise with the HPCSA** when it comes to audits, personal detail updates and registration status enquiries
- Supply **CPD activities for previous years** if needed
- **Administrate CPD certificates** received from other providers
- Provide you with a **lifelong membership number**
- Give you a **discount for each referral**
- Offer **group discounts**
- Have online **payment gateways and offer 7 ways** for you to pay your account

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### CPD Package for 2020

**With this package you will find your full complement of CPD activities for 2020.** Please ensure that your package includes all **CPD activities** as set out below. Return your answer sheets to us before the **end of 2020**.



## Dentistry

1. Dentist

2. Oral hygienist

3. Dental assistant

4. Dental Therapist

Activity Description	Activity number	CEU's	1	2	3	4
<b>CLINICAL CPD ACTIVITIES</b>						
Brushing, toothpaste, plaque and dentine hypersensitivity; Results of studies PART 1+2	BB1(20)	4			✓	✓
Evaluation of root resorption after comprehensive orthodontic treatment using bone computed tomography (CBCT)	B1(20)	3	✓			
Cone beam computed tomography in implant dentistry PART 1+2	B2(20)	6	✓			
Comparative evaluation of the vertical fracture resistance of endodontically treated roots filled with Gutta-percha and Resilon	B3(20)	3	✓			
Are the mutans streptococci still considered relevant to understanding the microbial aetiology of dental caries?	B4(20)	3		✓		✓
Tooth wear in patients treated with HIV anti-retroviral therapy	B5(20)	3		✓		✓
Tooth colour and whitening - digital technologies	B6(20)	2	✓	✓	✓	✓
Vegetarian and vegan diet: Is it healthy as it seems? Dental erosion among the vegetarians and vegans	B9(20)	2		✓		
The association between the use of new oral contraceptive pills and periodontal health: A matched case-control study	B10(20)	2		✓		✓
Antibiotic prophylaxis prescribing habits in oral implant surgery in the Netherlands: a cross-sectional survey	B12(20)	2	✓			
Dental care during pregnancy based on the pregnancy risk assessment monitoring system in Utah	B14(20)	2		✓		
Effect of smoking cessation on tooth loss: a systematic review with meta-analysis	B15(20)	3	✓	✓		✓
Hawley retainer and lichenoid reaction: a rare case report	B16(20)	1				
Whitening dentifrice and tooth surface discoloration - a systematic review and meta-analysis	B17(20)	2		✓		
Survival of teeth restored with a traumatic restorative treatment in a paediatric rural population	B19(20)	1	✓			✓
Knowledge and attitude of emergency physicians about the emergency management of tooth avulsion	B20(20)	2	✓	✓	✓	✓
Comparing the effect of 0.06% -, 0.12% and 0.2% Chlorhexidine on plaque, bleeding and side effects in an experimental gingivitis model: a parallel group, double masked randomized clinical trial	B21(20)	3	✓	✓	✓	✓
<b>ETHICS CPD ACTIVITY</b>						
Ethical guidelines on social media	PE1(20)	2	✓	✓	✓	✓
<b>GENERAL CPD ACTIVITY</b>						
Human Trafficking	G1(20)	2	✓	✓	✓	✓
<b>COVID-19 CPD ACTIVITIES</b>						
Clinical features of patients infected with 2019 novel coronavirus in Wuhan, China	G2(20)	2	✓			
The psychological impact of quarantine and how to reduce it: rapid review of the evidence	G3(20)	2	✓	✓	✓	✓
Clinical management of suspected or confirmed COVID-19 disease	G5(20)	3	✓	✓	✓	✓
General ethical guidelines for good practice in telemedicine	PE5(20)	3	✓	✓		
<b>TOTAL</b>			<b>39</b>	<b>36</b>	<b>20</b>	<b>32</b>

### Please also note

- During any lockdown we remain fully operational and staff work from remote locations.
- Our communication then takes place via SMS and email campaigns, as well as our website [www.foh-cpd.co.za](http://www.foh-cpd.co.za)
- We are available on mobile, email and WhatsApp, while our landlines are rerouted to another mobile number.
- New CPD activities will be made available as new information (studies) on COVID-19 is published. This will be available online.
- We provide MORE than the required CEUs. This flows from requests by members who now have some time on their hands to catch up with their CPD.
- Because of the additional CEU's you received for 2020 you will in 2021 receive a reduced number of CEUs.