# CODS Journal of Dentistry

**Official Publication of College of Dental Sciences Alumni Association, Davanagere**

**Volume 6, Issue 1, 2014**

## CONTENTS

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Director’s Message</strong></td>
<td>1</td>
</tr>
<tr>
<td><em>V.V. Subba Reddy</em></td>
<td></td>
</tr>
<tr>
<td><strong>President’s Message</strong></td>
<td>2</td>
</tr>
<tr>
<td><em>Vasundhara Shivanna</em></td>
<td></td>
</tr>
<tr>
<td><strong>Secretary’s Message</strong></td>
<td>3</td>
</tr>
<tr>
<td><em>Praveen S. Basandi</em></td>
<td></td>
</tr>
<tr>
<td><strong>Editorial</strong></td>
<td>4</td>
</tr>
<tr>
<td><em>Nandini D.B</em></td>
<td></td>
</tr>
<tr>
<td><strong>Original Articles</strong></td>
<td></td>
</tr>
<tr>
<td>Effect of alcohol containing and alcohol free mouth rinses on microhardness of three esthetic restorative materials</td>
<td>5</td>
</tr>
<tr>
<td><em>Vasundhara Shivanna, Rucha Nilegaonkar</em></td>
<td></td>
</tr>
<tr>
<td>Prevalence and distribution of dental anomalies and fluorosis in a small cohort of Indian school children and teenagers</td>
<td>9</td>
</tr>
<tr>
<td><em>Selvamani. M , Praveen S Basandi, Madhushankari G.S</em></td>
<td></td>
</tr>
<tr>
<td><strong>Review Articles</strong></td>
<td></td>
</tr>
<tr>
<td>Paperless dentistry - The future</td>
<td>13</td>
</tr>
<tr>
<td><em>Mala Ram Manohar, Gajendra Bhansali</em></td>
<td></td>
</tr>
<tr>
<td>Photo activated disinfection in restorative dentistry - A technical review</td>
<td>16</td>
</tr>
<tr>
<td><em>Deepak B.S, Mallikarjun Goud K, Nishanth P</em></td>
<td></td>
</tr>
<tr>
<td>An overview of occupational hazards in dental practice and preventive measures.</td>
<td>19</td>
</tr>
<tr>
<td>An overview on influences of estrogen and progesterone on periodontium</td>
<td>26</td>
</tr>
<tr>
<td><em>Deepa D</em></td>
<td></td>
</tr>
</tbody>
</table>

CODS Journal of Dentistry 2014, Volume 6, Issue 1
Review Articles

Dental home - A new approach for child oral health care
Poornima P, Meghna Bajaj, Nagaveni N.B, Roopa K.B, V.V. Subba Reddy

Variants of inferior alveolar nerve block: A review
Anuradha M, Yashavanth Kumar D.S, Harsha V. Babji, Rahul Seth

Case Reports

Ellis-van Creveld syndrome affecting siblings: A case report and review
Mamatha G.P, Manisha Jadhav, Rajeshwari G Annigeri, Poornima P, V.V Subba Reddy

Integrated approach of ceramic and composite veneers in tetracycline stained teeth: A case report.
Divya K.T, Satish G

Fibrous dysplasia of right maxilla: A case report and review of literature
Guruprasad L, Kavita Rao, Uma Devi H.S, Priya N.S

A case report of recurrent herpetic gingivostomatitis; with special reference to the role of cytology in diagnosis
Pramod K Jali, Nandini D.B, Mohan K.P, Madhushankari G.S

Eagle’s syndrome with type III segmented styloid process: A case report.
Usha V. A, Mamatha G. P, Maria Priscilla David,
Paperless dentistry - The future

Mala Ram Manohar¹ Gajendra Bhansali²

Abstract:
One of the most common problems faced in dental practice management is maintaining and retrieving patient records, which is very tedious and cumbersome especially in a busy practice. This is where paperless operation comes to the rescue. It is simply a practice where all the information, diagnostic, management, and communication tools are fully integrated into one computerized system. This increases efficiency, reduces clutter, saves time, improves communication and requires less office space which is cost-effective. As health care professionals, we should be on the cutting edge technology and provide an excellent patient experience; this is what paperless practice is!

Keywords: Paperless, practice, records, computer.

Introduction:
Technology has really made things easier. “It helps save time and money, making us more efficient. This means we’re giving a better experience to the patient.”¹
The first orthodontic Paperless Practice began operation in Florida, US in 1994.²

What is a Paperless Practice?
Paperless operation means that electronic functions and records replace all those involving paper and, in the case of models, plaster.³
“Beyond paperless,” is a system of “electronically following a patient through all the steps of their treatment without ever having a piece of paper to use as a guide.” This means that absolutely everything—charts, appointments, phone messages, emails, and prescriptions are all only on a computer.¹

Need to go Paperless
To optimize efficiency, any business that deals with large amounts of information and records must eventually find better ways of using, managing, and storing that data, and dental practice falls in this business.²
One of the most common problems faced in practice management is maintaining of records, especially in prolonged treatment which require periodic follow-up. One way can be totally eliminating papers from practice. Keeping track of patient files and treatment records is very difficult and cumbersome in a conventional set-up. It also adds to the stress for the doctor and staff, if they cannot locate some important patient data during a busy practice, as the volume of paper records becomes unmanageable over a period of time. (Fig.1)
Another important aspects of maintaining so much records, is the amount of space that it uses up and in major cities, space have to be maintained very diligently as the office spaces are very expensive.

Advantages³
The major advantage of paperless operation can be summed up in just four words: increased functionality and efficiency. This is accomplished due to the following:
1. Easier access to patient records- All electronic records are available to the doctor and staff at every workstation, simultaneously as against ‘single user’ paper devices.
2. Records are more portable- Easy to transport patient files to a satellite office or for referral.
3. Records are more secure- As long as they are backed up
Fig 1: Voluminous records

Fig 2: Enhanced patient understanding

Fig 3: Streamlined office design
4. Improved communication capabilities - When a referring doctor or parent calls to discuss a patient, the orthodontist can go to any workstation and access all the records necessary to answer questions.

5. Reduced office space requirements - Eliminating developed x-rays, printed photos, paper treatment records, plaster models, etc. can substantially decrease the storage space required in the office.

6. Office design can be streamlined as only a computer is required at each workstation. (Fig. 2)

7. More efficient use of auxiliary staff that can be used for more specialised tasks as against pulling and re-filing charts, plaster models, and x-rays.

8. Cost effectiveness - Minimal office space & staff required.

9. Enhanced emergency operation capabilities - Easy to quickly get back into operation after the catastrophic loss of an office due to fire, hurricane, etc.

10. Environment friendly - preservation of the ecosystem as paper is totally not in the picture which is eco-friendly.

Disadvantages

1. Requires a larger initial investment in system hardware and/or software. The efficiency brought about by paperless operation requires having an adequate number of strategically located workstations; chair side workstations are essentially mandatory.

2. Increased workload and stress for staff during conversion process - For existing practices with a large patient base, converting to paperless operation can take a significant amount of time and effort.

Limitations:

- Some state or country laws do not allow electronic records as the only patient record. For legal reasons, certain paper documents with signatures must be retained like, financial contracts, informed consent and health questionnaires. This concern is very easily manageable and 2 or 3 paper documents might have to be maintained, which is not at all a tough task.

Conclusion:

Innovation can make one a better dentist. “You spend less time doing the things that make you less productive and more time doing things that are productive.” It appears unanimous that paperless operation is cost effective, improves efficiency, and reduces stress for patients, doctor, and staff.

References:


How to cite this article:

Mala R, Gajendra B. Paperless dentistry - The future. CODS J Dent 2014;6;13-15

Source of support: Nil. Conflict of interest: None Declared.