

WELCOME IN BIBERACH

LIST OF INVITED PRESENTERS

Dr. Jan Berghmans
Endodontics BVBA, Megabite Dental Office
Sint-Agatha-Berchem /Belgium

Jacqueline Bos, exercise therapist
Breukelen/The Netherlands

Hendrik Peter Derksen, BOptom, FAAO
Optometrist, Holsboer Optometrie
Arnhem/The Netherlands

Dr. Rolf de Ruijter, dentist and dental ergonomist
Center for Dentistry and Oral Hygiene
State University Groningen
Groningen/The Netherlands

Dr. Paul Engels, dentist and dental ergonomist
Santpoort/The Netherlands

Per Fossdal, dentist and dental ergonomist
Kempten/Germany

Caroline Gerhard, dentist, doctorate student
Griesheim/Germany

Dr. Heinz-Michael Günther, dentist
Stegaurach /Germany

Dr. Richard Hilger, dentist and ergonomist
Kürten/Germany

Manfred Just, sport- and economic philologist, ergonomology advisor, management-trainer, trainer for health professionals
Just-Institut für Gesundheit und Management
Forchheim/Germany

Wouter Krouwel
Industrial Design Engineer
Delft/The Netherlands

Joseph A.J. Wouters
Registered occupational assessor and ergonomist
Nijkerk/The Netherlands

WELCOME IN BIBERACH

It is my great pleasure to welcome you to this year's 24th Annual Meeting of the European Society of Dental Ergonomics in the 'KaVo city' of Biberach



Based on feedback from former Annual Meetings we developed a challenging format to meet the desires from dental practitioners as well as ergonomic specialists.

This format will guarantee you a pleasant but fruitful time, satisfaction, motivation and a big challenge for future work for the faith of your patients but for your team particularly.

I am sure that you will remember a congress to your benefit, that your special interest will be rewarded by valuable results.

Dr. Jerome Rotgans (PhD, DDS, MD, MHPE)
President of ESDE

EUROPEAN SOCIETY OF DENTAL ERGONOMICS

Executive Committee

President:	Prof.Dr.drs.drs. Jerome Rotgans ♦ Germany
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GERMAN STUDY GROUP OF DENTAL ERGONOMICS

Executive Committee

Chairperson	Prof.Dr.drs.drs. Jerome Rotgans
Secretary-General:	Dr. Werner Betz
Auditor:	Dr. Richard Hilger

European Society of Dental Ergonomics

ESDE

24th Annual Meeting

27-28 May 2011

in the Stadthalle of
Biberach/Germany



Market and the tower of St. Martin's Church

Biberach - Mixed Imperial City

24th ESDE ANNUAL MEETING 2011

in cooperation with AGAZ, the German Study Group of Dental Ergonomics within the German Dental Association (DGZMK)

'Dental Ergonomics: Topics and solutions for your benefit in daily practice'

"Zahnärztliche Ergonomie: Aspekte und Lösungen zum Vorteil in der täglichen Praxis"

Congress Program - Tagungsprogramm

Thursday, 26 May 2011

15:00 Visit Factory of KaVo
17:00 Get-together Party and Registration

Friday, 27 May 2011

08:00 Registration
08:45 Opening Ceremony & Introduction
09:00 - 10:50 **BLOCK I**
Session 1: Principles regarding the use of a working stool
09:00 - 09:35 **The 5 pillars of Ergonomics**
Manfred Just (DE)

- Structure & stress management
- Self therapy JustFive
- Ergonomics of behaviour (gym, posture)
- Ergonomics of surroundings and equipment
- Nutrition

09:35 - 09:45 **Discussion: Why is it necessary to pay attention to all pillars?**
09:45 - 10:15 **Report about the recovery of back problems**
Heinz-Michael Günther (DE)

- Examination of problems and final diagnosis
- Changes undergone and adjustments work situation
- Experiences after treatment
- Discussion

10:15 - 10:40 **Problems from the neck posture**
Paul Engels (NL)
10:40 - 10:45 **Discussion**
10:45 - 11:15 Break and Poster Visit
11:15- 12:45 **BLOCK II (2 parallel sessions)**
Session 2.1: Supporting ergonomic insights
11:15 - 11:45 **Correct exchange of instruments between dentist and dental assistant**
Richard Hilger (DE)
11:45 - 12:10 **Exercises for the recovery of back problems**
Heinz-Michael Günther (DE)
12:10 - 12:35 **Influence of different types of foot control on the position of the spine and pressure on the foot**
Caroline Gerhard (DE)
12:35 - 12:45 **Discussion**

Friday, 27 May 2011 cont'd

Session 2.2: Visual perception
11:15 - 12:45 **Use of visual perception and use of spectacles and loupes**
Peter Derksen (NL), Joseph Wouters (NL)

- Visual perception
- Possible corrections
- Spectacles and loupes, why or why not, practical experiences

12:45 - 13:45 Lunch and Poster Visit
13:45 - 15:20 **BLOCK III (2 parallel sessions)**
Session 3.1: **AGAZ session with free contributions and discussion**
Session 3.2: **Basics of an ergonomic approach**
Jacqueline Bos (NL), Rolf de Ruijter (NL)

- Sitting working position and principles working stool
- Patient positioning; use of foot control
- Use of dental operating light and instruments, some principles of FHD
- Importance of behavioural change

15:20 - 15:50 Break and Poster Visit
15:50 - 17:00 **BLOCK IV**
Session 4: **Some new aspects of using ergonomics**
15:50 - 16:15 **Design for an ergonomic multifunctional syringe**
Wouter Krouwel (NL)

- Presentation of the question
- Analysis of the problem
- Proposal of a solution

16:15 - 16:40 **Principles regarding sitting of a dental assistant**
Jacqueline Bos (NL)

- Sitting position dental assistant
- Principles working stool dental assistant
- Positioning instruments

16:40 - 16:55 **Working of students in student pairs for FHD**
Rolf de Ruijter (NL)

- Objective and conditions
- Procedure and effect

16:55 - 17:00 **Discussion**
17:00 - 18:00 **General Assembly ESDE**
20:00 **Festive Dinner**

Saturday, 28 May 2011

09:00 - 10:50 **BLOCK V**
Session 5: **Use of a microscope, ergonomic principles**
09:00 - 09:25 **Ergonomic aspects of using magnification with a microscope**
Joseph Wouters (NL)

- Use of microscopes, another way of dentistry
- Working aspects of the microscope
- Ergonomic aspects

09:25 - 10:00 **The ergonomic design of the dental working place**
Jan Berghmans (BE)
10:00 - 10:20 **Considerations regarding the use of the armrest**
Paul Engels (NL)
10:20 - 10:40 **Ergonomic barriers and opportunities for an optimal working posture and cooperation**
Jacqueline Bos (NL)
10:40 - 10:50 **Discussion**
10:50 - 11:15 Break and Poster Visit
11:15 - 13:15 **BLOCK VI**
11:15 - 12:10 **Session 6: Checklists for assessing a dental unit**
Rolf de Ruijter (NL)
A checklist for an individualized assessment of existing equipment for own use

- Aim: A healthy working posture during patient treatment
- Do match characteristics and features of a particular unit
- Examples of much occurring discrepancies

Using an ergonomic checklist for designing equipment

- Why this checklist?
- How to achieve a healthy way of working for dentists?
- What are the challenges for dental manufacturers?

12:10 - 12:45 **Session 7: Presentation and demonstration on behalf of KaVo Dental**
Per Fossdal (DE)
View of a dental practitioner about how to work ergonomically - showing the way of working ergonomically (with a microscope)
12:45 - 13:15 **Discussion**
13:15 Closing Ceremony and lunch
14:00 - 14:30 **Post-congress presentation at KaVo's location**
Video with the application of ergonomic principles for a sitting posture in dentistry (used for training of staff and students in the Dental School of Groningen/The Netherlands)