



Over the next few editions we will introduce the Directors of the eViDent Foundation Board.

Meet Dr Jeremy Sternson, Director



Why did you choose to become a Director of the eViDent Foundation?

I have been a part of eViDent since its inception when it was initially called the Dental Practice Based Research Network (DPBRN). I have watched and - hopefully - helped it grow from a very confusing pile of documents to a well oiled research machine over a very short time. I have really enjoyed working closely with the ADAVB staff, academics from the Oral Health CRC and the Melbourne Dental School. The results obtained so far have been fantastic, and it has been a lot of fun to date. I felt I was helping to create and maintain something that is, and will be, highly important for the future of the dental profession going forward.

My main reason for wanting to be a Director of the eViDent Foundation was to help it grow. Funds will be needed and good strategies in place for future years. I felt I could help along those lines.

I also think my wife likes a few nights to herself whilst I am at the ADA!

Why is dental and oral disease research so important?

We spend the majority of our professional lives in a constant battle with dental and oral diseases. The majority of our treatment regimes rely upon evidence based learning through research. Unfortunately most research is carried out within academic institutions and the like. I practise in the real world where mouths never open wide enough, saliva comes in litres and patients differ with the cycles of the moon. It is for this reason I would like to find out what happens in the real world with uncontrolled variables and constant chaos so that I may learn from this and attack dental and oral disease to the best of my abilities.

What does the eViDent dental practice based research network offer to academics, practitioners, practice staff and patients?

The eViDent DPBRN conjoins academics and practitioners to look at the dental world from different perspectives. It allows practitioners to perform research under the guidance of well heeled academics whilst at the same time allows these academics to share in the practitioners many daily conundrums. This then expands down to the practice staff - they get a real feeling of belonging when they help participate in part in the research being conducted. Everybody smiles when they are made to feel even a little bit special and eViDent allows all those involved to smile on a regular basis.

What other benefits does eViDent offer?

eViDent can be whatever you want it to be. In my personal experience, I find that daily practice can become mundane without new challenges. eViDent allowed me to ask myself a question, 'what do I want to know that would make my practice better?'. I came up with a number of queries that the dental literature has unsatisfactorily answered in the past. eViDent allows anyone to submit an idea for a clinically based research project. From there you can be as involved or uninvolved as you wish.

eViDent is also a way for clinical practitioners to peer through a looking glass into the academic world, and at the same time professionally integrate with the academics. I have found that being a part of an eViDent project has formed an important part of my continued professional development.

Finally, eViDent also allows one to be a bit altruistic and give back to the profession that supports our livelihoods.

What impact do you think the eViDent Foundation will have on the dental profession, and why?

I believe the eViDent Foundation will help provide to our profession a series of well researched clinical projects that will inevitably guide us through our evidence based practice of dentistry. eViDent may also be useful for providing the evidence needed to lobby government bodies and help inform policy.

Further information: Meaghan Quinn ask@evident.net.au, (03) 8825 4603, www.evident.net.au