



*The Articulating Paper.*

Aug 22

# *Inside*

---

*4*

---

From the Editor

*5*

---

AUDSS Calendar (August)

*6*

---

Note-taking Apps

*8*

---

On the Money

*10*

---

Burs 101

*12*

---

Endo Cheat Sheet

*13*

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ADSA Melbourne  
Convention Diaries 2022



# *The Articulating Paper*

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# From the editor...

Hey everyone!

Another set of exams- completed, another half year- gone, and another existential crisis about how fast the year is flying by and how close an AHPRA registration is- experienced.

Personally, the 4th year slump is really hitting me, I've become more jaded than ever and my RBF has hit a new level of hostility. My memory of my fresher's BBQ is as fresh as ever, but I'm now closer to the start of 5th year than the start of 4th year.

Nevertheless, it also means we're more experienced than ever and ready to manage our patients with more knowledge and wisdom.

The 4th years had their mid-year exams at Wayville, which I honestly feel is a rite of passage. The rickety desks, weird sense of shared anxiety and comradery, and cold, echoy room is unparalleled and is a core university experience.

As some of us visited Melbourne for the annual ADSA convention, I think it certainly brought us a new perspective of Adelaide and how grateful we may be for such a flat, well-organised city. Also that we don't have to wipe down our chairs after each patient or construct our own dentures from start to finish.



*Jingyang Li*  
2022 Publications Exec

### *Acknowledgement of country:*

*We would like to acknowledge and pay respects to the owners of the land we are privileged to publish The Articulating Paper on, the Kaurna people. The traditional custodians of the land, waterways and skies across Adelaide. We thank them for sharing and caring for the land on which we are able to share our experiences. We pay our respects to elders past, present, and emerging and we share our friendship and our kindness.*



# AUDSS Calendar (August)

## Student Affairs:

- Wednesday 10th August 5pm-6:30pm AHMS 1059a/b: **AAPDP: Implants OR Crown Lengthening**
- Tuesday 23rd August 5pm-6:30pm AHMS 1059a/b: **Grad Pack: Working as an International Student**
- Saturday 27th August: **Minimal Intervention Workshop**
- Tuesday 30th August 5pm-6:30pm AHMS 1059a/b: **AAPDP: Restorations in a periodontium-reduced patient**

## Community Aid:

- Monday 25th July-Monday 15th August: **AMSS x AUDSS Donation Drive**
- Wednesday 10th August and Friday 12th August: **Dental Health Awareness Week**



# NOTE-TAKING APPS

(☆☆ TO SPICE UP YOUR NOTES ☆☆)

Struggling to keep up with the onslaught of lectures? Bored of studying with the typical word or google docs? Or just finding study apps that suits you? Here are some options you may want to consider! - Dalena Ly



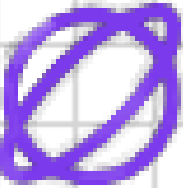
## 1. NOTION- WINDOWS, IOS, MAC, ANDROID

A highly customisable tool that lets you write notes, create your own workspace, and organise data in multiple views. At its expense, it may be difficult to learn to use but its rising popularity means there are tons of resources on how to use it! And it's free for students!



## 2. ANKI - WINDOWS, IOS (\$), MAC, ANDROID

The cult classic for healthcare students! For those who prefer flashcards, Anki allows you to create different types of flashcards and has a built-in spaced repetition equation that calculates when you're about to forget a card and brings it up again for you to study (if you do them every day:D)



## 3. ZORBI - IOS, CHROME

Zorbi allows you to transform written notes from Notion, PDFs, Word Docs, Google docs etc. into flashcards (if you prefer having written notes and flashcards but hate the tedious process of turning one into the other). It also has an integrated space repetition equation :)

## 4. ONENOTE - AVAILABLE EVERYWHERE

Part of the Microsoft Office Suit, Onenote is a classic tool that (with its endless page style) combines typical notes with a sketchbook-style canvas. It lets you import PDFs and annotate on them, record audio, draw, write notes, take photos, and more!

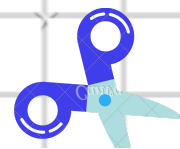


## 5. CONCEPTS- IOS, WINDOWS, MAC, ANDROID

For those who prefer a visual approach, mind maps are the way to go! It may seem like an art app but with its endless canvas, you can create mind maps that aren't limited by page size! And its extensive amount of free features mean that the free version is really all you need!


## 6. QUIZLET- ANDROID, WINDOWS, IOS

Another flashcard app with an interface many may find more aesthetic and easy to use than Anki with a range of different study options to choose from (test, flashcards, matching terms etc.). However, it lacks a spaced repetition function and this can be a major negative for some.





## 7. REMNOTE - WINDOWS MAC, ANDROID, IOS



Like Zorbi, Remnote combines a traditional note taking style with flashcards however, it uses its own in-built note-taking system and allows you to create flashcards straight from them. You can also connect your PDFs, add links and more!

## 8. GOODNOTES - IOS, MAC

For those that like handwriting but don't like carrying notebooks and stacks of paper around, consider Goodnotes! You can create import files or create notebooks to write, draw, insert stickers and photos, and more! Unfortunately, it's only available within the Apple ecosystem :(



## 9. EVERNOTE - AVAILABLE EVERYWHERE

A classic note-taking app, although there have been changes over the years to staff and thus, the app itself. Regardless, it still has functions that initially established it as the OG note-taking app such as taking notes, attaching files, web clipping, and searching through files!

## 10. OBSIDIAN - IOS, ANDROID, MAC, WINDOWS

One of the newer apps, Obsidian is based on the way the brain works - after you write your notes, it can generate a map of connections between notes. However, there is a steep learning curve for those unfamiliar with markdowns, plugins etc. so it may take some time to get used to.

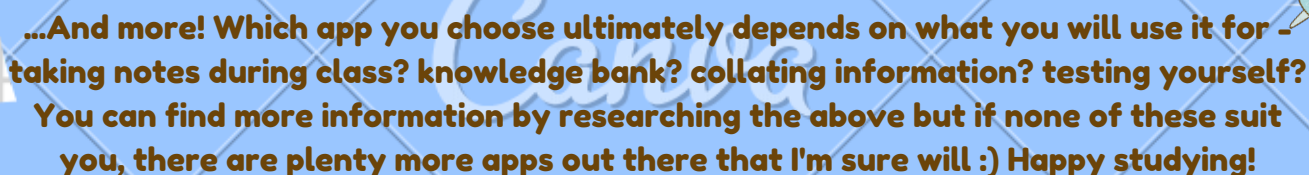
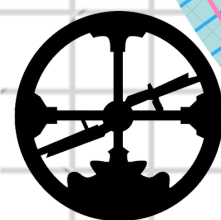


## 11. NOTABILITY - IOS, MAC

Considered Goodnotes' competitor, it has a similar concept, where you can import PDFs to annotate on, create documents to write, draw, and more, although it has a different document management system (sidebar of subjects vs Goodnotes' folders) among other differences.

## 12. ROAM RESEARCH(\$)-IOS, ANDROID, WINDOWS, MAC

A relatively new app, Roam Research's unique approach to notes consists of storing your notes in index cards, rather than notebooks. Like Obsidian, it also lets you connect your notes to form bi-directional relationships between notes and has a graph overview too!



...And more! Which app you choose ultimately depends on what you will use it for - taking notes during class? knowledge bank? collating information? testing yourself? You can find more information by researching the above but if none of these suit you, there are plenty more apps out there that I'm sure will :) Happy studying!

# ON THE MONEY

Four no-nonsense ways to stay on top of your finances as a student. No avocado toast mentions.

by Ella George

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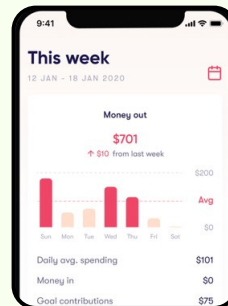
## STEP ONE: TRACK

Creating a budget without understanding your own spending can be overwhelming and unrealistic. Give yourself some time to just observe where your money is coming from and going to, then determine your goals and limits. Tracking each expense does take some effort, but it's the only way to fully understand where your money's going — and how you can save more.

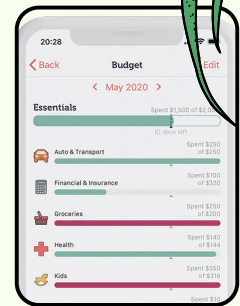
### Okay, but how?

When it comes to tracking and creating a budget, there are an array of apps available. These range from simple and understandable platforms such as **Pocketbook**, which categorises your expenses and converts them into easily-digestible graphics showing exactly how much of your goal you've spent; to all-encompassing apps like **MoneyBrilliant**, which also keeps tabs on your super and tax deductions. Many apps (including these two) have the added convenience of linking to your bank account, so the hard part of manually logging expenses is done for you.

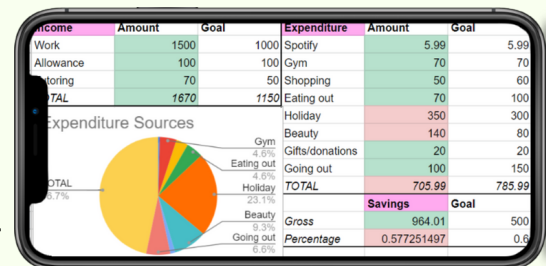
The alternative is to create your own using a digital spreadsheet, or even a plain doc. There are templates online which you can get creative with, or you can freehand it. I like this option because it provides the most customisability!



Pocketbook



MoneyBrilliant



An example based on my simple Google Sheets

## 2 STEP TWO: BUDGET BREAKDOWN

A 50-30-20 budget breakdown is a good place to start: 50% of your income typically goes to living expenses such as rent, food and bills; 30% is allocated to wants such as shopping, eating out and subscriptions; and 20% should be put in savings. If you're not paying for your living expenses through uni, one way to adjust this rule is by adding living expenses to savings — so aim to save 70% and spend 30% on wants. If that doesn't sound realistic to you, you could keep the same wants:savings ratio as above — so 60% on wants, and 40% in savings.

### A tip...

Make your budget flexible month-to-month! Take a look at your calendar and see if you expect to spend more on a holiday or all your friends' twenty-firsts, or earn more during the midyear break.



# 3

## STEP THREE: SPEND 'N' SAVE

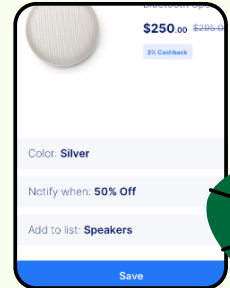
The next step is the fun part: executing your budget! Being clear about what and when you're going to buy saves precious cents (we all know loupes aren't cheap...).

### A simpler rule

When tracking every expense sounds like too much work, a pearl of wisdom from my mum is to treat yourself to one purchase every week: a new jacket you've been eyeing, brunch out with friends, an iced latte on UberEats... Try to maintain a balance between the big and small splurges. Having a regular reward keeps your motivation and is an ultra-simple way to stay in control of your spending.

### Avoiding sale mania

Buying items on sale can definitely save you money, but it can also encourage over-purchasing. One way to make sales work in your favour is by creating lists of things you want to buy (clothes, technology, home décor... anything you could feasibly wait to buy) and holding off until you find them on sale. You can use tracking apps and web extensions like **Karma** to notify you when your favourites are reduced! Aside from serving the primary purpose of getting these items cheaper, only buying from the list prevents wasting money on sale items you wouldn't have wanted otherwise or changed your mind about.



Setting notifs on Karma

# 4

## STEP FOUR: GROWTH

So, now you've got a budget and are consistently saving money. How can you make that money work for you? And do you really need to? *Inflation* refers to the fact that \$1 is worth less now than it was ten years ago, which is less than it was worth in the 1950s, and so on. The same is true looking into the future: the money sitting in your bank account (or under the bed) will be able to buy less in five years' time than it can right now. That means money sitting in your transaction account is essentially losing you value. Luckily, there are a few places you can put your money that will generate so-called *passive income* which is supposed to offset (or even beat) the effect of inflation. Common sources are interest from a savings account or a term deposit (like a locked savings account with a higher interest rate), and investing in riskier sources such as stock or property.

### Check your savings account

We're probably all guilty of keeping the same bank account our parents set up for a little too long, but doing some research to find the best deal for you can make a big difference. Many students vouch for the **Westpac Youth Spend'n'Save** option, popular for its super-high interest rate: as of the time of this article being written, they offer 2.5% interest on the savings account (for reference, the average Australian rate is currently sitting at around 0.1% — although students can typically get better). The account is available to anyone aged 18-29, and the rules are pretty simple: Make at least 5 payments each month from your transaction account, and grow your savings account. Make sure you check the rules of any account you open and do your own comparisons using a tool like **Mozo**.

# BURS 101

By Jingyang li

Disclaimer: I absolutely don't know what I'm doing or what I'm talking about, this really is a guide, please listen to your tutors, they've got loads more knowledge and experience. Always check your bur is engaged or else your patient will inhale/swallow it. In my opinion, as with a lot of clinical dentistry, use whatever works and always know why you're using something, each dental product generally has a dozen functions.

## High speed:

- conventional speed: 400 000rpm
- speed range: 100 000-800 000rpm
- function: cuts materials more efficiently than intermediate or low speed

## Intermediate speed:

- conventional speed: 160 000rpm
- function: finishing/polishing cavity/crown/bridge preparations or restorations

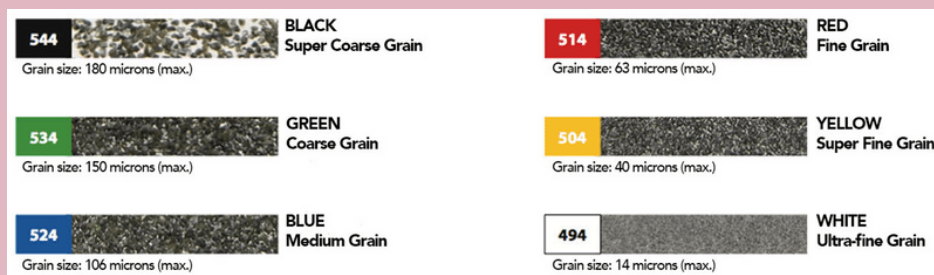
## Low speed:

- conventional speed: 40 000rpm
- speed range: 6000rpm-160 000rpm
- function: removal of soft, carious tooth structure

FAQ: What do the bands on the diamond burs mean?

It indicates how coarse/how efficient the diamond bur is! From most coarse to most fine, the order is: black, red, green, yellow, blue, white!

Red is the most common, generally for finishing/polishing restorations or crown/bridge preparations, I've also seen yellow bands around ADH. How you use them is up to you- maybe ask your tutor how they use them!



Tip: literally try all the burs you can in sim clinic because having access to so many materials for "free" is unheard of once you graduate, and how will you know what you're good at/what you like using if you haven't tried other ones?

# What burs can be used for each stage of a cavity prep/polishing?

1. Access (from largest to smallest, I think):



838



Jet 330



541/835



822

2. Clean DEJ/remove infected dentine



The sizes available at ADH include: 1/4, 1/2, 1, 2, 4, 6, 8, 10

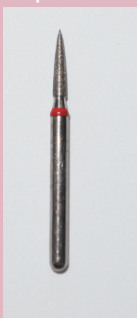
3. Polishing (composite resin/RMGIC/GIC)

I understand if you feel safer using slow speed polishing burs but I find that they really don't do enough, so I generally use high speed burs.

**F20/F40/Large round diamond:** moderate adjustments to CR/GIC/RMGIC, adjusting occlusion

**White stone:** minor adjustments to CR/GIC/RMGIC

**Enhance bur:** polishing/make it look shiny (for posteriors, for anteriors, use soflex discs). Do not use with water, speed: 10000-15 000 rpm



F20(HS)



F40(HS)



Large round diamond



White stone(HS)



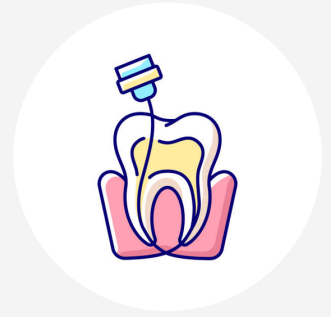
Enhance burs

Other burs available at ADH: R10, Z10, L10, L20, H34, 169L



# ENDO CHEAT SHEET

BY: ANGEL SY FENG



## STARTING CHECKLIST

- IS PATIENT ALREADY EXTIRPATED?
- ANY PERIAPICALS?
- IF POSSIBLE, CLASSIFY THE PATIENT BASED ON THE AAE LEVELS OF DIFFICULTY: REFER HIGH DIFFICULTY PTS!
- WORK OUT ANY PRELIMINARY DIAGNOSIS FROM REFERRALS AND PAST PAS.

## DIAGNOSIS

- DETAILED PAIN ASSESSMENT
- ESTABLISH BOTH THE PULPAL AND PERIAPICAL DIAGNOSIS BASED ON PATIENT'S CC AND SYMPTOMS
- PERCUSSION
- PALPATION
- PROBING
- MOBILITY IF NECESSARY
- SENSIBILITY TESTS
- FRACTFINDER AND TRANSILLUMINATOR IF ANY FRACTURE SUSPICIONS.

## OBTURATION

- BOOK A 3 HOUR APPT!
- OPEN UP ACCESS WITH 856 AND U/S FOR THE CAVIT.
  - \* SOAK THE MASTER GPS AND ACCESSORY GPS NOW!
- CLEAN OUT MEDICAMENTS WITH HAND FILES ACCORDING TO MAF AND WL + IRRIGATE.
- PA OF MASTER GP AND ASSESS IF GP IS TO LENGTH. ADJUST IF NOT ADEQUATE AND RE-PA.
- BEGIN OBTURATION WITH MASTER GP AND ACCESSORY GP.
- BURNISHING AND FINAL RESTORATION.
- PA OF THE FINAL RCT AND RESTORATION.

## CONSULT

- IMPORTANT TO ESTABLISH THE COMPLETE HX OF THE PAIN.
- ESTABLISH ALL TX OPTIONS, PROS AND CONS AND PROGNOSIS.
  - NO TX ALWAYS AN OPTION
  - EXO
  - RCT
- INFORM OF ALL RISKS (EG. FILE BREAKAGE, RE-INFECTION, EXO, DISCOLORATION ETC)

## ACCESS, WL AND INSTRUMENTATION

- ACCESS WITH 856, LOCATE PULP CHAMBER AND WIDEN WITH ENDO Z + STAINLESS STEEL ROUND BUR
- LOCATE CANALS AND WIDEN OPENING WITH APPROPRIATELY SIZED GATES GLIDDEN BURS
- USE THE EAL + SIZE 10/ 15 FILES TO GENERATE THE EWL
- PA WITH THE FILE AT THE EWL
- CWL CONFIRMED WITH PA
- INSTRUMENTATION WITH INCREASING FILE SIZES.
  - \*USE OF WATCH-WINDING TECHNIQUE
  - \*ENSURE AMPLE IRRIGATION
- ENSURE MAF IS AT THE CWL BEFORE STEPPING BACK
- MEDICAMENTS:
  1. CAO<sub>2</sub>H (BACTERICIDAL)
  2. ODONTO PASTE (ANTI-INFLAMMATORY)-
- APPLY WITH PAPER POINTS/ LENTULO SPIRAL
- TEMPORARY RESTORATION CAVIT AND OVERLYING GIC TO ENSURE GOOD CORONAL SEAL BEFORE RECALLING FOR OBTURATION



# ADSA MELBOURNE

## CONVENTION DIARIES 2022

By Brendan Phan

Hi everyone, for those of you that don't know me **my name's Brendan and I am one of your ADSA reps for 2022!** Recently over the midyear break ADSA held our annual convention over in Melbourne and I was lucky enough to be able to attend along with a number of other students from Adelaide. I'm sure by now that you would have seen my constant posts on the AUDSS Facebook page about convention tickets so I'm just going to provide a recap of what convention was like and why you should definitely try attend one during your time as a dental student.

So, on the first day of convention after the various flight interruptions everyone eventually landed in Melbourne and checked in at our accommodation for the weekend and grabbed our convention lanyards. For those who were able to make it to Melbourne during the afternoon it was time to prepare for the first event of convention, the **party boat cruise!** Everyone put on their sci-fi costumes and headed on the tram down towards where the **Lady Cutler boat** was docked, it was a bit of a struggle to find the pier since there was a festival going on around the same time, but when there is a group of **100+ dental student wearing sci-fi costumes grouping together**, we were able to find the pier and get on aboard to **dance and drink the night away** as the boat went around the Port of Melbourne. After the cruise ended, some people decided to go out and **enjoy the night life that Melbourne had to offer**, whilst other went back to the hotel to knock out for the night.

The second morning started at 7:15am for me, not going to lie, it was a struggle to wake up that early after the previous night, but a handful of the committee members headed down to **La Trobe uni** to set up for the lectures and trade show. The **lectures were very informational and engaging** and covered the topics from how to improve our PCC to why general dentists should be providing orthodontic treatment and the importance of CPD. Following the lectures, we had our **AGM** where next year's **ADSA committee was voted for** (editor's note: **s/o to our very own Dalena Ly who will be 2023 ADSA publications officer!**), and lunch was provided in the form of banh mi. I learnt that carrying 100 banh mis around a university campus with a broken finger is probably not the greatest idea. Following the AGM and lunch we walked over to another hall at La Trobe and had our **trade show** where various loupe companies and insurance companies (shoutout to our lovely sponsors Guild Insurance who were also there) were present to give away freebies and explain what services they provide for dentists and dental students. Unfortunately for me, when they announced the **winner of the free loupes or \$100 visa gift cards** my name wasn't called out.



Above: 2021 ADSA committee at the Trade show

Wrapping up the tradeshow, all the delegates loaded up on the bus back to the hotel to prepare for one of the highlights of convention which was the **grand gala ball**. The ball was an amazing time; **open bar, amazing food, unlimited gourmet ice-cream throughout the night, photobooth and a lot of dancing and singing**. A personal favourite memory of mine was when dessert was served, and I realised I was able to go to the bar and order **cold glasses of milk**. Soon word spread of my amazing finding and a few other people started ordering cold glasses of milk as well. When ball ended the night was still young and people started making plans to go out for afters with clubbing and karaoke being the most popular activities to do. We had a big night that night knowing that tomorrow, our hangover would be cured with a visit to the **Mornington Peninsula hot springs**.

The final day of convention was a relaxing way to end the weekend, everyone hopped on the bus for the trip down to the hot springs. It was cold and gloomy which only made the hot water of the hot springs so much better and enticing. Myself and two of my friends were somehow able to sneak our way into the private baths of the hot springs and **goodness gracious it was the most relaxing experience ever. I don't think I've ever managed a hangover as well as I did in the hot springs**. We spent a majority of the day at the hot springs just relaxing and making more friend with dental and oral health students from around the country. After we returned from the hot springs, a **group of us Adelaideans went to get dinner with our friends from La Trobe and CSU**. What we didn't know was that we were about to eat the spiciest hotpot ever! We picked the least spicy broth and even removed some of the chilli oil but even then, most of us were tearing up and sweating profusely due to heat, it is safe to say the hotpot did not pass the Derrick Zheng's test of approval; the only thing that saved us from the scorching spice of the hotpot was the purchase of the **Hot Kid milk drink**. Following a struggle of a dinner we all went our way to club for the final event of convention – the **clubbing night. Drink cards were handed out left, right and centre** and everyone had a blast of a time dancing the night away.

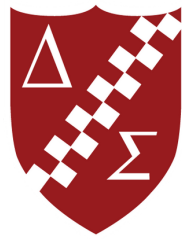
I really enjoyed convention as I was able to meet up with friends I have at other dental schools as well as **make new connections**. It was very fun to meet other people and learn about their passions for dentistry as well as **how their experience of dental school differs to ours**. The events were great fun and the lectures we had were really interesting and provided insight into things I hadn't learnt about yet at a BDS2 level. **I highly recommend attending one of these conventions during your time as a dental student and I hope to see you at future conventions.**



Above: before we began eating the forbidden hotpot with CSU and La Trobe dent students!



Above: filled with methanol, Messina, and milk, we danced the night away!



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