Checklists not just for pilots anymore

With popularity of the television show "Mad Men," 1960's themes such as war, racism and sexism are memorialized, as are once-common medical procedures such as war, racism and sexism that are work related.3

Half of practitioners have some kind of pain in dentistry is a common fear that keeps patients away from the dental office. Pain in dentistry is a common fear that comes from racing to dentistry. His goal is to turn around the culture of medicine and how the pilots were used to their work. The individuals having issues, but it can certainly offer benefits for the future.16

Recline/inclined seating

Patients are requested to sit upright at take-off and landing on any plane (Fig. 4). Most passengers can't wait to hear the announcement that the cruising altitude has been reached so the seats can be leaned back for more comfort. Unfortunately, dental professionals tend to sit in this upright position all day. When seated in this position for long periods of time, practitioners both elongate and shorten the distance to muscular movements in the legs. Humans are not meant to sit completely upright and especially not for a long day in the office." A more comfortable sitting position for most is in a reclined position (Fig. 5). Think of your comfortable recliner as in front of the television after a long day of work or the experience sitting in a first-class seat on a plane. Reclining is so very comfortable. This is the way race car drivers sit, but it's not very practical for treating dental patients

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Checklists are starting to become fundamental to the dental industry. Two books, "The Checklist Manifesto: How to Get Things Right" by Dr. Atul Gawande, a surgeon, and "Safe Patients, Smart Hospitals" by Dr. Peter Pronovost, discuss checklists as an effective way to reduce medical errors. These books are not just about the checklists, they are about the culture of medicine and how the checklist can foster better teamwork. Checklists help find the way through them. By incorporating a checklist concept similar to that used by pilots, dental professionals can be more successful, productive – and able to practice without pain.

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Pain in dentistry

Pain in dentistry is a common fear that keeps patients away from the dental office. Pain in dentistry is a common fear that keeps patients away from the dental office. Pain in dentistry is a common fear that keeps patients away from the dental office. Pain in dentistry is a common fear that keeps patients away from the dental office.
for the patient to either lay back in chair will not help. It is imperative son's arms are always flapping in the stain-causing bacteria. A chair can be made of rubber, Seating materials core. chairs help strengthen the body's moves. In any case, these you move; and, with some, all parts moves; with others it's the seatback (ischemia). A dynamic chair allows a muscle and removing waste prod-
tion of the muscles. A new term has vide much movement or stimula-
tion. Dentistry can use checklists to great
Winning race car teams and race car to prevent pilot error and crashes. and money. Pilots use several dif-
Checklists and the culture of
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Fig. 4. Traditional upright seating: Notice how this causes a stretching in the thigh muscles. (Drawings/Provided by Crown Seating).

Fig. 5. Reclined seating.

Fig. 6. reclined seating.

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CAPPmea together with Dental Tribune provide the opportunity with the mCME program, articles published in Dental Practice American Dental Association in the field of ergonomics and Disability Support. The specific purpose of the continuing education needs. mCME offers you the flexibility to work at your own pace through the material from any location at any time. The content is interactive, drawn from the top echelon of dental education, and presents a relevant outlook in terms of perspective and subject matter.

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Table 2. Checklist for buying a new chair

<table>
<thead>
<tr>
<th>Question to ask</th>
<th>Does the seat just fit your body?</th>
<th>What kind of height and width does it have?</th>
<th>How much is the color support?</th>
<th>Does the chair have a seat cushion?</th>
<th>Is the chair static or recline?</th>
<th>What is the height of the chair?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Does the seat just fit your body?</td>
<td>Yes</td>
<td>No</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>What kind of height and width does it have?</td>
<td>Tall</td>
<td>Short</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How much is the color support?</td>
<td>High</td>
<td>Low</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does the chair have a seat cushion?</td>
<td>Yes</td>
<td>No</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the chair static or recline?</td>
<td>Static</td>
<td>Recline</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>What is the height of the chair?</td>
<td>High</td>
<td>Low</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>