

10th Icelandic Education Week in Reykjavik, Iceland

Well prepared for the practice

Already a tradition, but always forward-looking: The 10th Icelandic Education Week, organized by the University of Iceland and supported by Straumann, took place at the end of June and again proved to be a highly instructive and productive event for the participating general practitioners, specialists and post-graduate students dedicated to oral implantology.



Practice makes perfect: Participants of the 10th Icelandic Week training their manual skills during hands-on exercises.

The intense study week comprised 44 hours of continuing education, designed and chaired by Professor *Bjarni E. Pjetursson*, dean of the University of Iceland, and co-chaired by Professor *emeritus Niklaus Lang* (Berne, Switzerland). Besides a group of experienced Icelandic practitioners, the list of speakers comprised Professor *Irena Sailer* and Master Dental Technician *Vincent Fehmer* (both from the

University of Geneva, Switzerland) as well as private practitioner *Dr Rino Burkhardt* (Zurich, Switzerland).

The focus of the lectures was put on the concept of modern comprehensive treatment planning, based on the evidence obtained in dental research in the last decades. To train the participants in setting up comprehensive treatment plans using dental implants, case presentations, group work and discussions were an important part of the course. Besides the theoretical part, several live surgeries with and without GBR in the aesthetic zone and implant surgery in the posterior maxilla in conjunction with sinus floor elevation were performed by the experts and followed closely by the participants, who then took advantage of the opportunity to practice these techniques in various hands-on exercises. Another topic on the agenda was the prosthetic rehabilitation of partially and completely edentulous patients with dental implants, and how optimal aesthetic results can be achieved in post extraction sites utilizing new materials.

A mix of renowned university professors and number one practitioners, a limited number of participants and a generous time frame: conditions that ensure close personal exchanges, first-hand supervision, fruitful discussions and guaranteed learning success. All participants returned home with the certainty to be equipped with state of the art knowledge on periodontal regeneration, implant dentistry and bone augmentation procedures, and to be well prepared for successful practical activities in the field of oral implantology. And last but not least with a lot of memories of the fascinating nature, culture and hospitality of Iceland.

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More information

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“A unique treatment philosophy”

EDI Journal Project Manager My To was invited to the 10th Icelandic Education Week and seized the opportunity to talk to the “fathers” of the event, Professor Bjarni E. Pjetursson and Professor emeritus Niklaus Lang.

What is the educational concept behind the Icelandic Education Week? What are its „USPs“?

Professor Pjetursson: Of course we work hard, but we try to mix work with some sightseeing and a friendly atmosphere. So after the week, the participants have learned a lot and they have experienced Iceland. That is the frame. The uniqueness of the course is reflected by the treatment philosophy that is evidence-based in every aspect. We are not following any fashion lines in implant dentistry. And a lot of the participants in fact say that this course totally changed their approach to implant dentistry and to dentistry in general, because we cover periodontal aspects, implant surgical aspects, prosthetics and plastic surgery during this week. And we limit the number of people to four groups of eight each, so we have only 32 participants.

For every issue, we first have a theoretical part, followed by a live surgery and afterwards the participants can try out the techniques by themselves. The hands-on exercises are always programmed to have an open end. So people can repeat the exercises as often as they wish and take their time.

Professor Lang: The core of the IEW are the group discussions based on patient documentations. With well-selected cases, the entire treatment philosophy is reiterated, and slowly but surely adopted by the participants. The cases

and live surgeries represent the spectrum of implant placement, bone augmentation, sinus floor elevation and grafting procedures. These procedures are also practiced on plastic models and on pig jaws. Last but not least, enough time is allocated to questions and answers.

How has the set-up evolved over the years?

Pjetursson: The outline of the course has been similar over the years. But of course we update the approach where needed. For example, the prosthetic aspects have totally changed over the last ten years. The surgical part is quite similar because in this field, we are relying on methods that have been working very well and have solidified over time. We also do course evaluations at the end of each week and minor things have been changed based on the participants' feedback. I think that at the moment the ratio between theory and practice very well balanced.

We are very fortunate to have speakers like *Professor Sailer* and *Vincent Fehmer* on the team because they are top authorities in Europe. We are really up to date when it comes to the digital approach and the newest material. What is special in our course is that the participants have access to the speakers throughout the whole week.

Lang: When we stopped the courses in Les Diablerets owing to my formal retirement from the University of Berne in 2008, *Professor Pjetursson*, who had been with us in Berne for nine years, felt that he could offer such courses in Iceland. In the same summer of 2008, the first IEW was staged. During the following years, the course became very popular. In the meantime, entire groups from Russia, the Ukraine, Italy sign up. I am already looking forward to this event in 2018!



Professor Bjarni E. Pjetursson (left) and Professor Niklaus Lang (right) surrounded by the very satisfied participants of the IEW 2017.