

Regional European Organisation of the FDI

National Report

Country: Estonia

Association: Estonian Dental Association (EDA)

Venue: Bukarest

Year: 2021

Changes

in the association and its organization

The number of members is increasing - 1120 (1094 in 2020)

Mrs. Helen Lang (helen.lang@ehl.ee) has been employed as the executive director of the Estonian Dental Association to run the office and projects

Trends and developments:

in professional politics

A full-week online conference, organized by the Radiation Department of the Environmental Board took place in October to establish the order of auditing hospitals and dental offices to monitor the health risks while using radiation

Mandatory archiving of radiographs in the Estonian Picture Bank. Negotiations with developers of local dental programs "Hammas" and "Dentas" to make the archiving process cheaper and more convenient for dentists.

Estonian Orthodontic Society opened the discussion about the need for a legal definition of orthodontics to avoid the situation where non-professionals (including dentists) are offering orthodontic services. EDA did not support this idea. There is a lack of orthodontists in Estonia and the waiting time until appointment is up to 3 (three!) years. Due to this, there is no reason to limit the provision of some dental services for dentists, who have updated their competencies.

in health and social politics

Participation in the meeting with the Social Affairs Committee in the parliament to discuss the COVID-19 vaccination plan took place in 11.01.2021

Cooperation with Language Board to check the fulfillment of language requirements of health care professionals.

Discussion with Health Board and Ministry of Social Affairs about registration of dentists in Estonia

in educational politics

1. Discussion about vocational training of dental assistants
2. Renewal of occupational qualification standard for dental assistant
3. Spread of oral health knowledge through a series of courses for teachers and parents, also in ICT environment: www.suukool.ee
4. Estonian Dental Research Foundation has been created. It is open for donations: Both students and dental researchers can apply for support for their projects from this foundation
5. Oral health project Suuülikool (University of Mouth) was started to spread the knowledge among grown-ups (main target group people between 35-60 years). Podcasts, articles in media, social media, public lectures start in 2022.

in the insurance system (incl. the public health insurance and private insurance schemes)

1. The Health Insurance Fund pays benefits for dental care and dentures. A dentist must have a contract with the Estonian Health Insurance Fund.

Free dental care is available for:

- children and youths under the age of 19;
- people who need emergency care provided when postponing aid or not providing aid may cause the death or permanent injury to the patient. Whether or not a particular case calls for emergency care is decided by the dentist.
- Health Insurance Fund will reimburse dental care to adults with health insurance up to **40 euro per year**, but 50% of the invoice will be paid by the patient.
- **The dental care benefit increases up to 85 euros per year:**
 - For pregnant women and mothers of children under one year of age
 - For old age pensioners
 - For persons receiving a pension for incapacity for work
 - For persons with partial or no work-ability
 - For persons over 63 years of age
 - For persons with an increased need for dental care

The benefit will be taken into account at the time of payment to the dentist. The patients themselves pay at least 15% of the price of the services.

- Once every three years, the Health Insurance Fund compensates **old-age and disability pensioners, health insured persons over the age of 63, and persons with partial or no ability to work** for dentures in the amount of **260 euros**. Denture benefit is paid up to 260 euros over a three-year period.
<https://www.haigekassa.ee/en/people/dental-care>

2. Private dental insurance has been introduced in Estonia: Cavitas Northern International Insurance Brokers OY
<https://cavitas.ee/en/dentalinsurance/>

Corporate Dentistry

position of NDA towards dental chains

We have one big chain of dental clinics “Unimed United Clinics”, consisting of 14 dental clinics (11 in 2020) located in different parts of Estonia. Based on the experience of other member countries – we are concerned about the future trends. According to Unimed’s CEO, their goal is to buy small independent clinics to expand their business.

There is another big medical chain that is allegedly planning to enter the dental market in Estonia.

problems with dental chains

Currently, most of the dentists do not complain openly but there is evident pressure on speed and turnover for the dental team

possible solutions

To limit chairmanship in a corporation to dentists

Changes in fees:

The membership fee has not been changed in 2021

Cost-effective fees for direct dental restorations are currently being recalculated in cooperation by EDA and the Health Insurance Fund of Estonia

Information regarding promotion of the World Oral Health Day:

2021

- 80 000 oral health calendars and 12500 oral health leaflets with recommendations for oral health care for children of different age groups were distributed to dental offices
- Radio podcasts with an oral health message have been prepared
- Articles about oral health as part of general health in daily newspapers
- Public oral health lectures for people in Tallinn, Tartu, and Pärnu were canceled due to the widespread of COVID-19. We have same plan in 2022 in cooperation with Philips.

2022

A fun, attractive and educational tooth-brushing application from the Estonian Dental Association has been released for the **World Oral Health Day 2022 celebration!** If a child brushes their teeth in the morning and in the evening, they save their teeth from the Mouth Trolls and send those trolls back home. If a child brushes their teeth regularly, and all 32 trolls are sent back home, the child will receive toothpaste as a gift from the dentist.

Further information (activities):

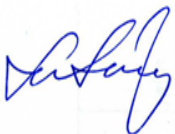
- 11 board meetings and 2 council meetings have taken place
- Estonian Annual Dental Meeting 2021 took place in person 26-28.08 with 986 participants (7 pre-conference courses, 29 lecturers, 61 exhibitors)
- "Quality guidelines in dentistry" is being put together by the task force, the project will be finalized in 2022
- A book "Century of Estonian Dentists" has been written, will be published in 2022
- Two conferences have been held (on-line spring conference and in-person in autumn)
- EDA Summer-school for dentists was organized in Viinistu Art Hotel on 29-30th of July
- Celebration of 100 years of EDA (26.11.21) was organized but postponed due to the intensive spread of the COVID-19 virus at the time
- The official journal of EDA "Hambaarst" has been published regularly (8 times a year)
- Plan for the development of Dentistry in Estonia for the period of 2021-2030 has been composed

Our 3 main concerns

We are proceeding with following topics:

- The proficiency in the Estonian language of immigrating dentists
- Changing the non-monetary refunding system by Health Insurance Fund into monetary with no obligation to work with fixed price-list which could enhance the quality of dental treatment
- Education of dental assistants in medical high school

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NLO for Estonia
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