

## ***Regional European Organisation of the FDI***

### ***National Report 2022***

***Country: Estonia***

***Association: Estonian Dental Association***

***Venue: Istanbul***

***Year: 2023***

#### ***Changes***

##### ***in the association and its organisation***

We had elections of the new council and board 04.11.2022

President: Katrin Metstak

Vice-president: Kristjan Gutmann

Board members:

Piret Väli, Mare Saag, Anastassia Kuldmaa, Marjo Sinijärv, Ave Pöld, Krista Vapper, Karmo Vunk

#### ***Trends and developments:***

##### ***in professional politics***

Estonian Orthodontic Society opened in 2022 the discussion about the need for a legal definition of orthodontics to avoid the situation where non-professionals (including dentists) are providing orthodontic treatment (Invisalign!). EDA did not support this idea. There is a lack of orthodontists in Estonia and the waiting time until appointment is up to three years. Due to this, we see no reason to limit the provision of some dental services for dentists, who have updated their competencies.

##### ***in health and social politics***

In cooperation with the Health Insurance Fund, a pilot project was launched to map the oral health of people living in nursing homes. As many of the patients are immobile, an intra-oral scanner was used. The results were analysed by dentists to identify patients' treatment needs. The pilot will be followed by oral hygiene training for carers and a permanent implementation of the programme.

##### ***in educational politics***

1. Spread of oral health knowledge through a series of courses for teachers and parents, also in ICT environment: [www.suukool.ee](http://www.suukool.ee)
2. 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. First two scholarships were announced in December

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

Fees for treatment have been increased according to inflation

## ***Corporate Dentistry***

### ***position of NDA towards dental chains***

We have one big chain of dental clinics “Unimed United Clinics”, consisting of 14 dental clinics located in different parts of Estonia.

Another medical chain “Confido Medical Center” (8 clinics) is also preparing its entry into the dental market.

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.

### ***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. Currently it is not yet legally possible

## ***Changes in fees:***

Due to the inflation world-wide (in Estonia 21% in 2022) fees for dental treatment are also increasing which enables to increase salaries for the dental team and cover the increased cost for energy.

NDA membership fees have not been changed (=100 EUR)

## ***Information regarding promotion of the World Oral Health Day:***

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.

The program sends to the child mobile a message every morning and evening to remind about brushing teeth. >15000 children have started to use the app

## ***Further information (activities):***

- 11 board meetings and 2 council meetings have taken place
- Estonian Annual Dental Meeting 2022 took place in person 26-28.08 with 977 participants (8 pre-conference courses, 26 lecturers, 55 exhibitors)
- “Quality guidelines in dentistry” has been finalized by the task force.
- A book “The Century of Estonian Dentists” (319 pp) has been published in 2022
- Two conferences have been held



- 100 years of EDA (26.11.21) took place on 03.06.22 due to the COVID19 limitations during winter
- The official journal of EDA “Hambaarst” has been published regularly (8 times a year)

Mare Saag