

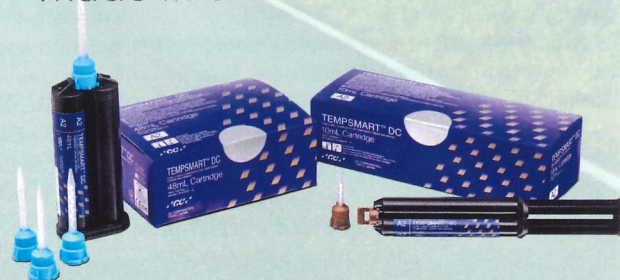
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PRACTICE
DESIGN

ARE YOU SITTING COMFORTABLY?

Written by Kirsty Hague



Kirsty Hague talks about ergonomics and interior design



Dental practices are remarkable places, like no other healthcare setting or service-oriented industry.

Balancing the two is no mean feat and yet it is something that dental teams manage to do each and every day to the highest possible standards.

Of course, the last few months have thrown unprecedented challenges our way and everyone has worked hard to overcome them in line with guidance and regulations.

Despite presenting patients with a reassuring public face, that isn't to say that it has all been easy to achieve or stress-free.

We don't know what the future may hold

KIRSTY HAGUE

Kirsty Hague is the Company Secretary at Hague Dental, which offers bespoke turnkey services that adhere to the highest standards. Kirsty's education and experience enables her to work effectively in a number of areas, including marketing, sales, ergonomics and interior design.

regarding COVID-19, but there are some things that we can address now to take the stress out of other areas of practising dentistry, to reduce the net stress level and support clinicians in preparing for a healthy and successful future.

ERGONOMICS IS KEY

An important part of that is working to eliminate physical stresses on the body that can be caused by hours of providing clinical treatment in an unnatural position.

As Hague, we consider the layout of the practice to be paramount when it comes to providing the ultimate in comfort for the dental team, as well as a comfortable and stress-free patient journey.

The vast majority of dental clinicians experience musculoskeletal pain at some point in their careers, predominantly manifesting as back, shoulder, neck and/or wrist and hand pain, (Lietz et al, 2018) which can be incredibly debilitating –

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