

Perio review

Annual report of the
European Federation of Periodontology
2019-20



Sustainability

Perio Master Clinic 2020
New classification toolkit
Periodontal therapy guidelines
Postgraduate Symposium
Responding to Covid-19



EFP

European
Federation of
Periodontology

The **EFP advances** as global reference in periodontology

The EFP general assembly in Bern (Switzerland) on 30 March 2019 marked the moment when the federation truly became the global voice of periodontology, as it welcomed its first international associate members – the societies of periodontology of Argentina, Australia, Brazil, Lebanon, Mexico, and Taiwan.

The Bern general assembly also marked a new era for the federation with a new team at the top: Nicola West succeeded Iain Chapple as secretary general and Monique Danser replaced Jörg Meyle as treasurer (both three-year terms of office), while Filippo Graziani became president for 2019-20, taking the helm from Anton Sculean.

Outlining his mission for the year, Prof Graziani said that he wanted the EFP to position itself better to face the challenges of communication, delivering new projects, and continuing to strengthen the federation’s scientific role as “a global reference in periodontology.”

Over the course of the year, there was progress in all

three areas. Gum Health Day 2019 (see page 9) and the translation and wider dissemination of the toolkit for clinicians on the new classification of periodontal and peri-implant diseases (page 10) show the federation’s success in its communications with both the public and dental professionals.

In terms of new projects, the main efforts were the development of an enhanced patient’s area on the new EFP website (page 11), which involved the collaboration of partner GSK, and the creation of the Perio & Cardio campaign, launched on 15 September 2020, in partnership with Dentaaid.

Perhaps the most significant event of the year was Perio Workshop 2019 (page 7) which developed an evidence-based, clinical-practice guideline for periodontal therapy that Prof Graziani said “will have an unprecedented and lasting impact on the daily practice of clinicians worldwide.”

Other important events over the year included the eighth EFP Postgraduate Symposium, held in Gothenburg, Sweden

in September 2019 (page 8), and Perio Master Clinic 2020 in Dublin, Ireland, in March 2020, which focused on the challenges of aesthetic reconstruction around teeth and implants, with presentations from the world’s top experts in this field (page 6).

The final months of Filippo Graziani’s presidency were overshadowed by the Covid-19 pandemic. Like several speakers and various delegates, he was unable to attend Perio Master Clinic 2020 in Dublin and delivered his presentation as a recorded video.

Unable to hold its 2020 general assembly in Prof Graziani’s home town of Pisa, the EFP held an online extraordinary general assembly on April 21 and will hold its postponed general assembly, in online format, on Saturday 3 October. Despite the delay, Xavier Struillou succeeded Filippo Graziani as president on 30 March.

Looking back on his year as EFP president, Filippo Graziani commented: “It has been an amazing experience, extremely intense, and I am



 *Filippo Graziani addressing EFP members from his home in Pisa during lockdown*

so proud and happy to have served this community.”

In his role as chair of the EFP’s projects committee, Prof Graziani led the drawing up of the federation’s Covid-19 safety protocol for dental practices to keep professionals and patients safe before, during, and after treatment. Other initiatives launched by the EFP in response to Covid-19 include the *EFP Perio Sessions* educational webinars and the live *EFP Perio Talks* sessions on Instagram.

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Secretary general **Nicola West** reports on her first year

Nicola West, professor of periodontology at the University of Bristol (UK), became EFP secretary general in March 2019. Key actions during her first year have focused on communications and on developing a manifesto on sustainability to guide the federation through the coming years. She explains her vision, the challenges, and how she hopes to improve the level of public engagement with periodontal health.

Q: What have been the main challenges during this first year?

A: The year has flown past and I have thoroughly enjoyed meeting the challenges of the post. These have included getting to know new friends and colleagues, working on exciting initiatives, and developing new strategies.

I have enjoyed co-ordinating the requirements of the position with the needs of the EFP and our national societies, partners, and stakeholders – as well as those of my day job! I continue to do my utmost to ensure that I bring transparency, inclusivity, and fairness to the table. I have enjoyed embracing the culture and diversity of our member societies and appreciate the confidence that they have placed in me. I would also like to thank our partners for their valued support, as without them we could not be so ambitious in meeting our strategic targets.

What have been the main changes that you have introduced?

I have appointed a new head of communications [Cândice Gasperin] to centralise, co-ordinate, and oversee the EFP's activities, ensuring that our efforts are comprehensively reviewed and aligned to our common goals without any duplication.

My other main initiative has been to draft our sustainability manifesto (see pages 4 & 5). This will ensure that the EFP conducts federation business in accordance with social, cultural, economic, and environmental values of sustainability. We are adapting to the new world by examining everything that we do with regard to these values. For example, we have taken learning online with the launch of the *EFP Perio Sessions* webinars. We also provided online delivery of Perio Master Clinic and other events. We plan to formally

launch the *Sustainability Manifesto* at the general assembly in October. We are looking to our membership to adapt to these innovations and demonstrate their value by embracing these changes.

What have been the main achievements of this first year?

We are implementing our strategic plan for the next four years, which covers the two over-arching themes of sustainability and communication in conjunction with focus areas: (1) health and well-being; (2) policy and influence; (3) science and research; (4) education and training.

This outlines our direction and re-establishes our priorities for the growth and development of the EFP – which has become the leading authority in dentistry across Europe – and it gives us the flexibility to respond to changing environments and challenges.

I am particularly excited about the progress that we have made in recognising and regulating the specialisation in periodontology across our national societies. I have no doubt that European speciality status – when it is finally achieved – will help us deliver in the focus areas.

I have drafted the Sustainability Manifesto that I hope everyone embraces to maximise its impact. I have appointed a head of communications and I am enjoying working with Cândice and see the benefit of her professional input. I have also engaged a new web provider to refresh the EFP website (see page 11) to align it with our strategic plans, for example by putting more educational content online.



What are your priorities for the rest of your term as secretary general?

My vision and strategy for the future is already mapped out. I will work tirelessly to deliver on the sustainability manifesto, so that it has wider benefit and becomes embedded in the culture of EFP. I also aim to improve the level of public engagement. While our scientific delivery to the profession is exemplary, I look forward to wider dissemination of our knowledge and understanding to the public and patients – for example, through forums organised by national societies.

Finally, I am keen to listen to our membership and adjust my vision, strategy, and efforts to their changing needs.

EFP makes commitment to SUSTAINABILITY

The EFP will formally launch its *Sustainability Manifesto* at its postponed General Assembly on October 3, which will be held online. The manifesto commits the EFP to “rethinking the way we act” to ensure that sustainability is at the heart of the federation’s approach to its many activities.

The manifesto describes sustainability as “more than an environmental issue”, explaining that it is “a broader challenge that affects everything and everyone on the planet.” EFP secretary general Nicola West explains the need for this manifesto and the seven accompanying “sustainability actions”.

The EFP’s fourth strategic plan (2021-2025) is designed to set up and re-establish priorities, focus resources and energies, and to enable the EFP to establish agreement around planned outcomes as well as adjustment in response to a changing global environment and new challenges. As secretary general, I am a custodian of the EFP and it is my responsibility not only to nurture and develop this international federation but also to ensure that it thrives in the future by following emerging trends in science, technology, and society as a whole.

Our strategic plan ensures that we will deliver our events sustainably with due consideration to social, environmental, economic, and cultural factors.

Sustainability, as it says in our manifesto, means rethinking the way that we act, the way that professional and non-profit organisations work, and how the EFP is able to expand its global strategy in an ethical manner.

‘Travelling wisely and safely’ (the second of the sustainability actions) is an important consideration for an international federation that sets great store on social interaction and which actively encourages membership





↑ As a symbol of the EFP's commitment to the environment, an apple tree was planted in the grounds of the Royal Dublin Society during Perio Master Clinic 2020.

participation at our events. The level of support that we receive is one of our strengths. Looking ahead, the EFP will provide the opportunity for participants not only to be able to attend in person but also, if they prefer, virtually. This has already been trialled with great success at the recent Perio Master Clinic 2020 in Dublin, Ireland, in March this year.

The commitment to sustainability will play a key role when we decide on locations for our events, where the criteria we will apply will be:

- accessibility for local and international participants;
- excellence of public-transport links;
- appropriate network technology to allow for communication with our online participants;
- value for money for the membership.

It is now standard practice for major organisations to deliver and embrace sustainability. As part of my remit, I will be ensuring that all our partners and suppliers will be made aware of our values – social, cultural, economic, and cultural – in order to be able to join us in delivering on any particular event.

Template for sustainable delivery

Online-only registration was adopted at short notice for Perio Master Clinic 2020 as a reaction to the travel restrictions

imposed as the coronavirus pandemic began to sweep through Europe. This was done with great success given the circumstances and we have learned a great deal and established a template for sustainable delivery of all future congresses, editions of Perio Master Clinic, and other EFP events.

In terms of EuroPerio, the EFP has a proven track record of delivering a congress every three years with increasing success on every front. The most recent EuroPerio 9 in Amsterdam attracted more than 10,000 delegates and I anticipate that these numbers will be surpassed at EuroPerio 10 (Copenhagen, 2022) because we deliver cutting-edge scientific value and offer great opportunities for networking. Furthermore, I am confident that Copenhagen will deliver on our sustainability agenda and I anticipate that there will be a large increase in the amount of online activity associated with the EuroPerio 10 congress.

Working with partners

Many of our partners have already embraced the concept of a more sustainable approach. I will do all I can to make them aware of our *Sustainability Manifesto* and action plan and encourage everyone to adopt these principles. In fact, our partners have indicated proactive support for

our *Sustainability Manifesto*. They, like the EFP, embrace sustainability to varying degrees in line with their own strategic plans and responsibilities. As an umbrella federation, the EFP recognises that it cannot – and should not – impose conditions, but that it should go what it can to encourage this approach in general.

I have introduced the *Sustainability Manifesto* to create a wholesale cultural change within the EFP, so that this becomes the accepted norm. There was enthusiastic support for this from the executive committee. We will now ask each member society to consider, endorse, and adopt this manifesto themselves and I anticipate that endorsement of the *Sustainability Manifesto* will become a condition for future membership of the EFP. I am aware that many of our affiliated societies already have their own sustainability initiatives and I look forward to hearing more about them.

The EFP will ensure that it meets the sustainability aims of our strategic plan by defining, implementing, and measuring our outcomes with validated metrics to establish benchmarks – environmental, social, cultural, and economic. I will be adopting a process of continuous evaluation and will be pleased to update the national societies with our efforts to reflect this.

Perio Master Clinic 2020 – a great success in challenging circumstances

Perio Master Clinic 2020, held in Dublin on March 6 and 7, proved a great success thanks to the quality of the programme and the swift and effective response by organisers to the challenges created by the coronavirus pandemic.

Through the work of Mondial Congress & Events, the EFP's professional conference organiser, high-quality technical facilities were put in place to enable speakers who could not attend to give their presentations via pre-recorded videos. At the same time, the live webcasting of proceedings enabled participants unable to travel to Dublin to see all the presentations and discussions.

"I think we can all agree this was a huge success," said Anton Sculean, Perio Master Clinic 2020 scientific chair, during the closing session at the Royal Dublin Society. "We have seen wonderful presentations online – and this was a great challenge for us. It is important to thank Mondial, because without their outstanding efforts day and night we would not have been able to present you with these outstanding presentations."

"As the clear voices and the exceptional-quality slides and videos were beamed into the venue, all present breathed a great sigh of relief," said Declan Corcoran, chair of Perio Master Clinic 2020. "We realised that the conference was going to be what we said it would be – a top-class clinical conference devoted to a portrayal of the most recently developed techniques in periodontal regeneration given by worlds' top experts."

Dedicated to the topic of current and future challenges



in soft- and hard-tissue aesthetic reconstruction around teeth and implants, Perio Master Clinic 2020 featured presentations from 37 expert speakers.

Topics covered included management of flap design, the correct procedures for single- and multiple-tooth gingival recessions, techniques for lateral and vertical bone augmentation, and the choice of the optimal bone graft. There were also interactive sessions

covering a case presentation on reconstructive surgery versus extraction and implant placement, on the managing complications after reconstructive surgery.

"Today we have at our disposal the biologic understanding, the surgical techniques, and the biomaterials that can lead to predictable regeneration – in some cases complete regeneration, the so-called *restitutio ad integrum* or healing of soft and hard tissues around teeth and

implants that were previously lost because of periodontitis or peri-implantitis," noted Prof Sculean.

A total of 626 people attended the event: 544 participants and 82 exhibitors. In addition, there were 136 registrations to view proceedings via the live webcast.

There were participants from 54 different countries, and the top four countries represented in Dublin were the UK (with 89 registrations), Ireland (49), the Netherlands (48), and France (35).

Dr Corcoran told participants: "I hope we have stimulated you, challenged you, and if you feel you want to bring these procedures forward in your own practice then I would really encourage you to attend courses with these expert clinicians. Don't leave it. Don't let your career go by without being able to do these techniques."

The two-day event was preceded by a day of workshops where participants could get hands-on experience of the latest techniques in regeneration.

PERIO WORKSHOP 2019

creates evidence-based guideline for periodontal therapy

A three-day EFP-led workshop, which brought together 90 experts from 19 countries, was held in November 2019 to draw up a formal guideline on periodontal therapy that meets the requirements of the S3 level of clinical-practice guidelines (the highest level).

Perio Workshop 2019 evaluated 15 systematic reviews on different therapeutic interventions to create the guideline, which provides dentists and other oral-healthcare professionals with precise therapeutic pathways – based on the patient's diagnosis – and recommendations on specific interventions to treat the different stages of periodontitis.

The guideline, which was published in the EFP's *Journal of Clinical Periodontology* in July 2020, provides evidence-based recommendations for therapy in relation to the first three stages of periodontitis, according to the new classification of periodontal and peri-implant diseases and conditions. Recommendations for therapy in relation to periodontitis stage IV, the most advanced manifestation of the disease, will be drawn up at Perio Workshop 2021 in July next year.

The workshop – held at La Granja de San Ildefonso in



central Spain – involved 80 experts in periodontology and 10 representatives from relevant scientific societies and organisations in European dentistry, co-ordinated by Ina Kopp, a leading European specialist in the development of clinical guidelines.

The guideline's recommendations were developed using a rigorous methodology (GRADE), which takes into account not only the scientific evidence provided by the systematic reviews, but also evaluates each individual recommendation, its applicability, its possible side effects, and the cost-benefit relationship. This procedure concludes with voting on each of the recommendations, and the degree of consensus is recorded according to five levels: unanimous consensus (100%), a strong consensus (more than 95% but less than 100%), consensus (75-95%), majority view (50-74%), no consensus (less than 50%).

The guideline approaches the treatment of periodontitis stages I, II, and III using a pre-established stepwise approach to therapy that – depending on the disease stage – should be incremental, each including different interventions. It recommends four sequential steps to periodontal therapy:

1. Good oral hygiene and a healthy lifestyle to reduce

inflammation is the foundation for an optimal response to treatment and long-term control of the disease. This step also includes professional removal of supragingival bacteria (plaque and tartar).

2. Thorough professional cleaning of root surfaces below the gum line and additional therapies if needed.

3. More complex treatments, such as surgery, may be needed in some patients.

4. Long-term supportive care to prevent relapse, with healthy lifestyles, good oral hygiene, and regular check-ups that include cleaning.

"Once again the European Federation of Periodontology has taken the lead on developing an evidence-based guideline to facilitate an updated and predictable periodontal care across Europe and beyond," said Mariano Sanz, chair of Perio Workshop 2019 (also known as the XVI European Workshop on Periodontology).

"This guideline will ultimately benefit the patient who would receive the best possible treatment under its provisions. Furthermore, they are the only type of guidelines that are accepted by governments when creating health policy, so this will allow us to work with governments."

Perio Workshop 2019 was the last workshop chaired by Mariano Sanz, who has been chair of the EFP's workshop committee since 2009, when he took over from Klaus Lang (who chaired the workshops from their foundation in 1993 to 2008).

Prof Sanz stressed the importance of collaboration with other organisations, such as the two World Workshops with the American Academy of Periodontology (AAP) in 2012 (periodontitis and systemic diseases) and 2017 (new classification) and workshops with the Osteology Foundation on periodontal plastic surgery and soft-tissue regeneration (2013) and bone regeneration (2018).

Mariano Sanz is succeeded as chair of the workshop committee by David Herrera, a fellow professor of periodontology at the Complutense University of Madrid in Spain, and will act as co-chair of Perio Workshop 2021.

"Chairing the workshop committee over these 10 years has been a great experience, mainly for being able to assemble the knowledge base of modern periodontology and for sharing all this knowledge with so many colleagues from all around the world," said Prof Sanz. "I am delighted to leave Perio Workshop in the very capable hands of David Herrera."



↑ Mariano Sanz at Perio Workshop 2019.

Postgraduate Symposium:

high-quality presentations and an active audience



The new classification of periodontal and peri-implant diseases, bone-augmentation techniques, the relationship between periodontal risk and nutrition, and the possible links between periodontitis and sleep apnoea were among the topics covered at the EFP's 8th Postgraduate Symposium.

The event, held in Sweden from 5 to 7 September 2019, brought together a hundred students and 32 teachers from the 17 EFP-accredited programmes in periodontology.

The opening lecture – “Peri-implantitis: Learning from pre-clinical models” – was given by Ingemar Abrahamsson, professor of periodontology at the Sahlgrenska Academy at the University of Gothenburg, which hosted the symposium. He explained that pre-clinical *in vivo* models are necessary because peri-implantitis in patients with dental implants is common and the onset of the disease may occur early, but it is not possible to predict who will be affected.

The lecture outlined the experimental peri-implantitis model, explained how researchers at the university had used it in studies with dogs, and presented several *in vivo* studies on the progression of peri-implantitis and its treatment. “Pre-clinical

models are important for the understanding of disease progression and for the development of new treatment concepts,” concluded Prof Abrahamsson.

Mariano Sanz (professor of periodontology at the Complutense University of Madrid) lectured on the implementation of the new classification of periodontal and peri-implant diseases and conditions.

The main part of the symposium was devoted to clinical and research presentations given by students at the universities that teach the EFP-accredited programme. There were eight research presentations:

- *Leucocyte and platelet-rich fibrin block for bone-augmentation procedure: a proof-of-concept study*, by Simone Cortellini, Catholic University of Leuven (Belgium).
- *Anti-inflammatory potential of a sage-based mouthwash in elderly subjects enrolled in supportive periodontal therapy: a six-week randomized controlled clinical trial*, by Kevin Guldener, University of Bern (Switzerland).
- *Influence of periodontal status on peri-implant tissues in a periodontally treated population: a cross-sectional study*, by Ioanna Papalou, University of Strasbourg (France).
- *Relationship between periodontal risk and nutrition: a population-based study*, by Laurent Detzen, University of Paris Diderot – Paris 7 (France).
- *The association between periodontitis and the risk of OSAS: a pilot study*, by Alexander Verhelst, Academic Centre of Dentistry Amsterdam (ACTA), Amsterdam (Netherlands).
- *VEGF release from a polymeric nanofibre scaffold for improved angiogenesis*, by Alaa Khutaba, Rambam Medical Center, Haifa (Israel).
- *The use of MRFA as an adjunct to conventional clinical examination following peri-implantitis treatment: a 12-month follow-up*, by Ed Madeley, Trinity College, University of Dublin (Ireland).
- *The use of autogenous particulate dentin as an appropriate bone substitute in socket site preservation procedures: clinical, radiographical, and histological evaluations*, by Erez Netaneli, Tel Aviv University (Israel).

There were also eight clinical presentations by Ahmad Bebars

(Turin University, Italy), Juan Bollain (Complutense University of Madrid, Spain), Manon Borie (University of Liège, Belgium), Emma Busom (International University of Catalonia, Barcelona, Spain), Deniz Findik (Yeditepe University, Istanbul, Turkey), Omer Getter (Hadassah Medical Center, Jerusalem, Israel), Elias Jajjo (Gothenburg University, Sweden), and Jason Lim (Eastman Dental Institute, University College London, UK).

The EFP Postgraduate Symposium takes place every two years and is organised by one of the 17 universities and hospitals that run EFP-accredited programmes in 12 different countries. Second- and third-year postgraduate students are invited as well as the programme directors and co-ordinators.

“The Symposium went very well,” said Ingemar Abrahamsson. “The case presentations had a high quality and represented a wide area of different periodontal and implant therapies. The research presentation also had a very high quality and represented many different aspects and fields within perio-related research.”

The 8th EFP Postgraduate symposium was sponsored by Procter & Gamble and Dentsply Sirona. The next symposium is due to take place in September 2021.

GUM HEALTH DAY – an annual success in health promotion



May 12 is Gum Health Day and this annual awareness initiative, promoted by the EFP, now involves activities all over the world organised not only by perio societies affiliated to the federation but also by other societies and organisations.

The slogan for Gum Health Day 2019 was “Healthy gums, beautiful smile” and the message was about the importance of gum health to dental aesthetics. Activities took place in 47 countries in Europe, the Americas, Africa, and Asia.

From Finland in the north to Chile in the south; from Mexico in the west to Taiwan in the east – periodontists and dental students took to the streets and the media to spread the message. As well as activities

by 35 of the 37 societies that make up the EFP, there was participation by the Ibero-Panamerican Federation of Periodontology (FIPP) and other countries.

The range of activities was as wide as ever, with free periodontal screenings, the handing out of leaflets and oral-hygiene products, special lectures and presentations at universities, and interviews on television and radio. In total, at least 163 initiatives were undertaken in 157 towns and cities.

Many perio societies and individual periodontists also used social media and press releases to spread the health-awareness message. Among the EFP-affiliated societies, 94% used the toolkit



↑ GHD 2019 Azerbaijan

materials provided by the EFP (compared to 83% in 2018), while the slogan suggested by the EFP was adopted by the 88% of the societies (83% in 2018). Of the toolkit materials, the three elements most highly regarded by the affiliated societies were the videos, the animations, and the infographics.

The average assessment of Gum Health Day 2019 by the societies was 4.52 (on a scale from zero to five), which was 14% higher than the previous year.

“Gum Health Day 2019 was focused on the importance of gum health for aesthetics, as part of its importance for the human wellbeing,” said Lior Shapira, co-ordinator of the event.

including again some from outside the EFP in America, Europe, and Asia.

A key EFP event this year was a live online educational session on Instagram on May 12, in which event co-ordinator Andreas Stavropoulos discussed gum health and answered questions from dental professionals and patients.

“This year, Gum Health Day has been exceptionally challenged due to Covid-19, as no physical actions could be executed,” said Prof Stavropoulos. “Nevertheless, the national perio societies adapted excellently to the situation and we once again managed to have a successful Gum Health Day and our message ‘Say NO to bleeding gums’ reached a very wide audience all over the globe.”



↑ GHD 2019 Denmark



↑ GHD 2019 Romania

Online for 2020

Plans for Gum Health Day 2020 were adapted in the light of the Covid-19 pandemic and widespread restrictions on public events and free movement. The emphasis was placed on using online tools to promote the message of “Say NO to bleeding gums” to raise public awareness of how bleeding gums are a sign of gum disease.

Despite restrictions and obstacles, at least 35 countries joined Gum Health Day 2020,



EFP toolkit on new classification extends its reach

The EFP toolkit for clinicians on the application of the new classification of periodontal and peri-implant diseases – launched at the federation's general assembly in Bern (Switzerland) in April 2019 – has had a sustained impact over the following months.

During the year, the EFP added material to the toolkit, including infographics, a series of expert videos, and the “decision tree” for establishing the stage and grade of periodontitis.

The videos feature the EFP co-chairs of the World Workshop (Chicago, November 2017) where the new classification was drawn up. Hosted on both the EFP website and its YouTube channel (perioworkshop), the videos offer presentations by:

- *Iain Chapple* on periodontal health and gingival diseases and conditions.
- *Mariano Sanz* on periodontitis and the decision tree for staging and grading the disease.
- *Søren Jepsen* on systemic and other periodontal conditions.
- *Tord Berglundh* on peri-implant health, peri-implant mucositis, and peri-implantitis.

“We are convinced that this classification will change the way we evaluate and treat our patients,” said Prof Sanz in the video *Why this EFP project matters* that introduces the series. “We are convinced that it will put our profession into the future of personalised dentistry”.



Translations and case studies

Following the publication of the toolkit, EFP member societies have extended its impact by translating and distributing the material among their members.

In October 2019, the four francophone member societies (those of, Belgium, France, Morocco, and Switzerland) published the full set of guidance notes in French. “It was a great pleasure to carry out this first French-speaking collaborative work,” said Virginie Monnet-Corti, EFP delegate of the French society. “Since their publication online these documents have been used by both our students (undergraduates and postgraduates) and by our colleagues in private practice”.

The following month, German translations of the guidance notes were published, having been translated by members of the Austrian, German, and Swiss societies of periodontology. “We first shared these versions with all German dentists through the *German Dental Journal* during this summer,” said Søren Jepsen, former EFP president and co-chair of the World Workshop. “Now it has been a great pleasure to provide these documents also to our colleagues in Austria and Switzerland”.

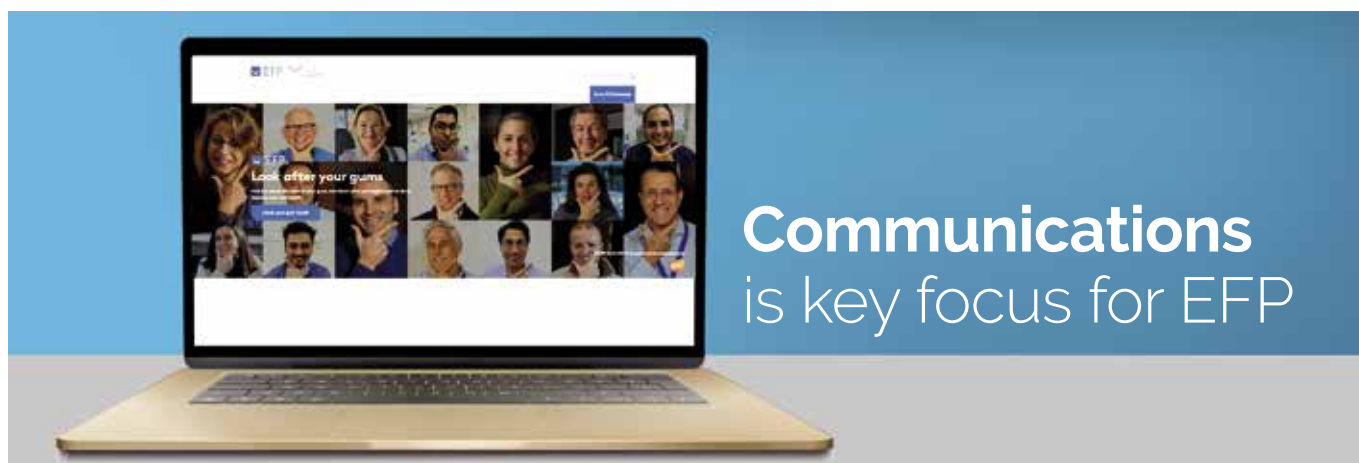
The Spanish perio society then published the guidance notes in its magazine *Periodoncia Clínica*, alongside five specially commissioned studies in which the new classification's approach

of staging and grading periodontitis cases was applied retrospectively to specific patient cases. Two of these case studies were subsequently translated and published in the EFP magazine *Perio Insight* – a good example of the close collaboration that exists between the federation and its member societies.

As well these initiatives to translate and disseminate the toolkit, the new classification was also the focus of events organised by EFP-affiliated national societies of periodontology throughout the year. The Dutch, Turkish, and Ukrainian societies all focused on the classification at their congresses in 2019.

The next stage of implementation of the new classification was the drawing up of a clinical practice guideline on periodontal therapy at Perio Workshop 2019 (see page 9).





Communication is essential to the EFP's mission. Through its publications, website, campaigns with its partners, social media, and press relations, the EFP seeks to express its strategic vision of "periodontal health for a better life."

The arrival of C ndice Broglio Gasperin as head of communications in December 2019 has enabled the federation to adopt a more co-ordinated approach to communicating its activities to both a professional and a lay audience. She has carried out a review of branding and the strategies related to marketing, social media, and the press.

"A key challenge today is to have an effective communication strategy focused on engaging with our audience with transparency and credibility, as new ways of communicating and digital trends are emerging every day," she said.

"We have to think about our content from all points of views, listen and keep the dialogue open with our audience, and work closely with the national societies to increase our reach."

Throughout 2019 and the first half of 2020, much of the focus was on creating a new EFP website, which has a brighter and more modern look and easier-to-use navigation. As well as offering the latest news from

the federation, the new-look website puts a greater focus on EFP campaigns – such as Perio & Cardio (launched in September 2020), Perio & Diabetes, Oral Health & Pregnancy, and Perio & Caries – and features an updated and expanded section for patients, the Oral Health & Gum Hub.

Social media is an increasing focus, with regular updates and new features on Facebook (@efp.org), Twitter (@perioeurope), Instagram (@perioeurope), and LinkedIn (europeanperiodontology), as well as videos on the federation's YouTube channel (perioworkshop).

In the wake of the Covid-19 pandemic, social media has become even more important. The federation launched the live *EFP Perio Talks* on Instagram in which leading periodontists are interviewed about key topics in science and clinical practice.

Another innovation has been in continuing education with the *EFP Perio Sessions* online webinars, launched in April 2020 with a presentation by Anton Sculean (EFP president 2018-19) on the "Bernese" concept of treatment of single and multiple gingival recessions. Subsequent webinars have covered topics including aesthetics, periodontal surgery of complex defects, soft-tissue management, and the connection between sex hormones and periodontal

health. A new programme of *EFP Perio Sessions* is being launched in the autumn.

"We had to adapt our communication during the pandemic and innovate by developing specific strategies and initiatives for all platforms, always driven by our brand values, with creativity and authenticity," said Gasperin. "We have grown exponentially in terms of followers, but it is also important to keep improving the way we speak and connect with our audience, and how they engage with us."

The EFP's *Journal of Clinical Periodontology (JCP)*, edited by Maurizio Tonetti, goes from strength to strength. Its impact factor has risen from 4.046 in 2017 to 4.164 in 2018 and then to a best-ever 5.241 in 2019. The monthly journal is now ranked second out of 91 publications in dentistry, oral surgery, and medicine.

Alongside the *Journal*, the EFP publishes the research summary *JCP Digest* in eight languages, offering concise versions of articles previously published in the *Journal*, and *Perio Insight*, which focuses on expert opinion and debate on key issues in periodontal science and clinical practice. Issues of *Perio Insight* published since April 2019 have covered such topics as leucocyte- and platelet-rich fibrin (L-PRF) in periodontal therapy, the application of the new classification to clinical cases, and novel concepts in

aesthetic reconstructions around teeth and implants.

The EFP has continued to build its strategic relationship with the press, providing news releases and statements about its initiatives and projects, as well as interviews with EFP experts.

“ It is important to keep improving the way we speak and connect with our audience”

"The dental press, the health-and-wellbeing media, and the mainstream media have been the three audiences we've been targeting in Europe and beyond in the last 18 months," said Santi Qui ones, EFP communication coordinator.

"Every year opportunities to develop and improve our communication portfolio, both internal and external, occur," said Tiernan O'Brien, chair of the EFP communications committee. "I am very proud of the dedication and professionalism of our communications team in seizing these opportunities and converting them into a quality service for our national societies and EFP stakeholders."

EFP president at a challenging time



Xavier Struillou

Xavier Struillou became EFP president at the end of March 2020, succeeding Filippo Graziani, at a time when the Covid-19 pandemic was gathering pace across Europe, which had obliged the cancellation of the EFP's general assembly in Pisa (Italy).

During his first six months in the post, he has led the EFP's creative response to the challenge posed by the pandemic. This has involved innovative use of online media to deliver education and the provision of a safety protocol for dental practices.

Outlining his vision for his year as president, Dr Struillou highlighted the need to listen to the 37 affiliated national societies of periodontology, the "heart and engine" of the federation.

"We need to listen to and collaborate closely with each of the member

societies and give them all the support we can," he said. "Their drive is the EFP's drive, so we owe them a lot and we try to inspire them, to guide them, and to serve them."

He highlighted EFP initiatives such as its campaigns with its partners and events such as EuroPerio, Perio Master Clinic, Perio Workshop, and Gum Health Day, noting how the EFP provides "a framework for patients to have better treatment, for citizens to be made aware of gum health, for professionals to be kept updated, and for students to be trained – always in the context of our shared goal of periodontal health for a better life."

Turning to the coronavirus pandemic, the EFP president addressed dental professionals, saying: "On behalf of the EFP, thank you for your sense of duty, your professionalism, and for adopting safe practices and standard procedures according to each country."

Dr Struillou, who was the co-ordinator of Gum Health Day 2018, said that he was "deeply honoured" to be able to build on the "extraordinary legacy" of his predecessors as president and thanked Filippo Graziani and Anton Sculean (president 2018-19) as well as the members of all the EFP committees.

EFP executive committee 2020-21:

- President:** Xavier Struillou (France)
- President-elect:** Lior Shapira (Israel)
- Past president:** Filippo Graziani (Italy)
- Past president:** Anton Sculean (Switzerland)
- Secretary general:** Nicola West (UK)
- Treasurer:** Monique Danser (Netherlands)
- Elected officer:** Andreas Stavropoulos (Sweden)

EFP full-member societies

- Austria** Österreichische Gesellschaft für Parodontologie
- Belgium** Société Belge de Parodontologie / Belgische Vereniging voor Parodontologie
- Croatia** Hrvatsko Parodontološko Društvo
- Czech Republic** Česká Parodontologická Společnost
- Denmark** Dansk Parodontologisk Selskab
- Finland** Suomen Hammaslääkärisseura Apollonia
- France** Société Française de Parodontologie et d'Implantologie Orale
- Germany** Deutsche Gesellschaft für Parodontologie
- Greece** Ελληνική Περιοδοντολογική Εταιρεία
- Hungary** Magyar Parodontológiai Társaság
- Ireland** Irish Society of Periodontology
- Israel** Israeli Society of Periodontology and Osseointegration
- Italy** Società Italiana di Parodontologia e Implantologia
- Lithuania** Lietuvos Periodontolog Draugija
- Netherlands** Nederlandse Vereniging voor Parodontologie
- Norway** Norsk periodontist forening
- Poland** Polskie Towarzystwo Periodontologiczne
- Portugal** Sociedade Portuguesa de Periodontologia e Implantantes
- Romania** Societatea de Parodontologie din Romania
- Serbia** Udruzenje Parodontologa Srbije
- Slovenia** Združenje za ustne bolezni, parodontologijo in stomatološko implantologijo
- Spain** Sociedad Española de Periodoncia y Osteointegración
- Sweden** Svensk förening för Parodontologi och Implantologi
- Switzerland** Société Suisse de Parodontologie / Schweizerisch Gesellschaft für Parodontologie / Società Svizzera di Parodontologia
- Turkey** Türk Periodontoloji Derneği
- United Kingdom** British Society of Periodontology and Implant Dentistry

EFP associate-member societies

- Azerbaijan** Azərbaycan Parodontologiya Cəmiyyəti
- Georgia** Georgian Association of Periodontology
- Morocco** Société Marocaine de Parodontologie et d'Implantologie
- Russia** Российской Пародонтологической Ассоциации
- Ukraine** Асоціація лікарів-пародонтологів України

EFP international associate members

- Argentina** Sociedad Argentina de Periodontología
- Australia** Australian Society of Periodontology
- Brazil** Sociedade Brasileira de Periodontologia
- Lebanon** Lebanese Society of Periodontology
- Mexico** Asociación Mexicana de Periodontología
- Taiwan** Taiwan Academy of Periodontology



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