Most clinicians would agree that one of the most important aspects of any orthodontic treatment plan is how to retain the result and that this should be done using an evidence-based approach. Evidence-based care encompasses 3 key areas:

- Systematic assessment of high quality research evidence
- Clinical expertise
- Patients values, expectations and aspirations

A Cochrane systematic review in 2016 identified some initial high quality evidence to help clinicians identify the best approaches to retaining results after orthodontic treatment, but concluded that further high quality research was required. Since the publication of the Cochrane review there have been a number of randomised controlled trials which have added further scientific information about retention, and national guidelines have been produced based on the best currently available evidence. This lecture will provide a useful brief overview of some of this new evidence.

In recent years, the concept of personalized medicine has seen a move away from a ‘one size fits all’ approach to medical treatment. This approach recognizes that by tailoring treatment to the individual patient it may be possible to achieve better outcomes for patients. This lecture will explain how this personalised approach is not only possible, but essential in orthodontic care, including in the approach to retention. The lecture will illustrate how this personalised approach is consistent with the 3rd arm of evidence-based care: patients values, expectations and aspirations.

Dr Littlewood will discuss how to customise retention to the individual patient, using a shared-decision approach. Shared decision-making is required at any treatment point where there is more than one option to consider. Where research evidence and clinical experience fail to identify a ‘best’ treatment, which is often the case in the choice of retainers, it is essential that patient values and preferences are used to guide decision-making and treatment selection. Supporting patients to be actively involved in treatment choice has been shown to improve satisfaction, adherence, and treatment outcome.

This lecture will look at factors to consider when deciding the most appropriate approach of retaining the orthodontic result for an individual patient, and as a result provide a more successful personalized approach.

Delivered in Dr Littlewood’s own inimitable, entertaining style, this lecture is a “must-see” for all clinicians.

Simon J Littlewood, April 2019

www.littlewoodortho.com
References