

## Research and Innovation at PDSE Clinical Studies and Trials: Research in Action

### Toothpaste and gum disease clinical trial (funded by Haleon)

This clinical trial, led by the University of Plymouth, is delivering gold-standard periodontal treatment while increasing access to specialist gum care for local communities.

It brings together a multidisciplinary team of dentists, dental hygienists, nurses and scientists to deliver both patient care and research outcomes within routine clinical settings.

The study is evaluating how different toothpastes support the long-term effectiveness of periodontal treatment and maintenance of oral hygiene at home. It also investigates changes in the oral microbiome and the role of specific bacterial communities in periodontal recovery.

### Blood pressure screening in dental settings

This student- and nurse-led research project explored case-finding for undiagnosed high blood pressure within routine dental care at PDSE, funded by a University of Plymouth Faculty of Health PhD Studentship.



The study identified a proportion of patients with previously undetected hypertension, who were referred to their GP or appropriate services for further management. It demonstrated the potential for dental settings to contribute to wider NHS prevention strategies and early cardiovascular risk detection.

This work helped position PDSE as an early adopter of integrated health screening in primary dental care. Ongoing related research is now exploring links between oral health, systemic disease and changes in the oral microbiome.

#### Related publications and outputs:

[Uncontrolled hypertension at the dentist: a case report of integrated healthcare | British Dental Journal](#)

[A Case-Finding Protocol for High Cardiovascular Risk in a Primary Care Dental School—Model with Integrated Care](#)

