

BBO good seeds and the specialty excellence

From now on, the Dental Press Journal of Orthodontics begins an important collaboration with the Brazilian Board of Orthodontics and Facial Orthopedics (BBO). This significant partnership between Dental Press and BBO allow readers of this renowned journal to follow the breakthroughs and remarkable work of the BBO.

I was invited by the current BBO president, Dr. Sadi Flavio Horst, to write this editorial, a space that will annually be occupied by a member of the Board. Just as a beautiful smile gives a wonderful impression at first sight, I would like to underline what the BBO represents to our specialty in the new millennium. I hope this first impression can awaken a desire to know the Board better. This is our goal with the first BBO editorial hosted in this DPJO issue.

The Brazilian Board of Orthodontics and Facial Orthopedics (BBO) was born from the initiative of the Brazilian Association of Orthodontics and Facial Orthopedics (ABOR) to create 'Quality standards for clinical excellence' in this field. BBO Diplomate orthodontists are recognized as professionals that were evaluated by a strict and renowned examining committee, demonstrating to have great knowledge and skills in the art and science of Orthodontics.

With the establishment of the BBO on the 2nd of September 2002, Orthodontics became the first health specialty in Brazil to have a certification process for specialists. Orthodontics was the first specialty in global dentistry to create a board in 1929 during the 28th American Society of Orthodontia meeting in America — the American Board of Orthodontics (ABO). In 1950, the Council on Dental Education of the American Dental Association (ADA), recognized the ABO as the official certifying agency in Orthodontics.

Having a board certification demonstrates the specialist's commitment to the necessary knowledge to treat patients with the highest quality standards. Everybody benefits

by this arrangement: The society gains with the option of counting on recognized well prepared professionals; science is supported by high standard studies and breakthroughs; representative orthodontic associations are elevated as they improve standards to meet the needs of their associates. For orthodontists, in particular, having the board certification has a significant impact on their ethics and values of conduct. The demand for excellence is a way of achieving seriousness, respect and commitment to the best results for patients.

BBO certification is a demonstration of the right direction, namely, the highest level of quality work. Looking for excellence in each action is a sign of kindness and gentleness with our own life. A quote by Willian Lyon Phelps, an American writer, uniquely communicates the importance of seeking for knowledge and wisdom: *"Every time you acquire a new interest, even more, a new accomplishment, you increase your power of life."* In the same way, we can increase our power of life by becoming better, doing more, offering the best of our capacity and potential to our patients. Regarding the principle of desiring the best, Gilberto Amado remind us that, *"Wisdom is the art of climbing higher inside ourselves."* Wisdom is looking for the best, it is to take a step forward, becoming an expert, walking where few are willing to go. It is a hard way, but all the rewards we have achieved so far reassure us that it is worth it.

The Board can rise the spirit of constant update and, also, offer references and parameters of the specialist work to the general public. Board candidates are assessed by their knowledge in diagnosis, treatment plans and orthodontic therapeutics. The exam gives the opportunity for candidates to review their skills, consider the importance of taking good records, mechanics control during treatment, and commitment until the end of treatment.

Among the benefits of having the certification, it is worth highlighting the changes in professional conduct — shown by patient's satisfaction — and the safety of working with good quality standards, with records taken from the beginning to the end of treatment. Also, candidates have the opportunity for self-assessment via a strict and detailed review of their clinical practice. Therefore, the certification process represents an important step on the way to improve Orthodontics quality.

Board certification implies that orthodontists become life long students. Learning experiences with the Board are crucial and there is no progress without apprenticeship. Orthodontists have a need for continued learning and the Board represents a good way of doing this. In March 2014, as an example of ABO, BBO launches the recertification process, as its bylaws sets out. This is an important tool to validate continued competency.

Upon the creation of the BBO, I said that the one who works only with the hands is just a worker, the one who works with the hands and head is an artisan, and the one

who works with the hands, head and heart is an artist. It is important though to understand Orthodontics as science and art, to become a daily artist. It is well known that every artist needs dedication, studying, training and commitment. Talent is not magic, one has to work hard to achieve excellence. BBO gives the tools, conditions and parameters for this continued specialization. As BBO's certification is not mandatory to practice orthodontics, the consolidation of its best goals (excellence in practice) comes with time and propagation of its principles and philosophy. This resembles the seeds a farmer sows with faith in its results. This is the mission of the Brazilian Board of Orthodontic and Facial Orthopedics today: to sow the good seeds of desire and consciousness to orthodontic specialists as to become more prepared and capable of making their patient's face and smile more beautiful and better.

Roberto Lima Filho

Former chairman of the BBO

rlima@me.com