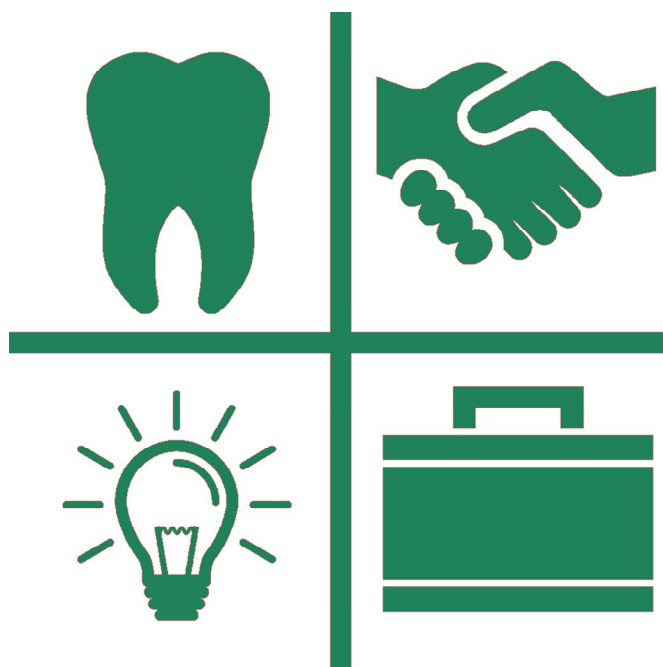


Bedford Dental Foundation Training Scheme

Spring Term Programme 2018 - 2019



Developing people
for health and
healthcare

www.hee.nhs.uk

Bedford Hospital Learning and Education Centre



Bedford Dental Foundation Training Scheme

Learning and Education Centre

Bedford Hospital (South Wing), Amphill Road,

Bedford. MK42 9DJ

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Spring Term

Venues and Subjects



Friday 1st February

Running a General Dental Practice.
Values and Judgments.

Learning and Education Centre, Bedford Hospital

Thursday 7th February

Endodontics in General Practice - Using Rotary Instruments.

Luton and Dunstable Postgraduate Medical Centre

Tuesday 12th February

Practical Minor Oral Surgery— a Hands-on Experience.

Luton and Dunstable Postgraduate Medical Centre

w/e Friday 22nd February

Practice Exchanges

w/e Friday 1st March

Bedford DFT Practices

Wednesday 6th March

Health and Safety in General Dental Practice.

Kings House, Bedford

Friday 15th March

New Solutions for Old Dilemmas: - Topical Issues In
Restorative Dentistry - a Clinical Update

Learning and Education Centre, Bedford Hospital

Thursday 21st March

Life After Foundation Training

Friday 22nd March

Mental Health Light
Burnout and Resilience

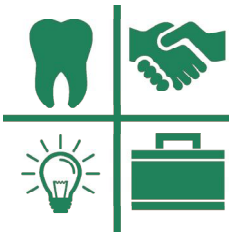
Wyboston Lakes, St. Neots

Friday 29th March

Introduction to Occlusion

Interesting Cases from our Educational Supervisors: What
does everyone think?

Learning and Education Centre, Bedford Hospital



Spring Term

Venues and Subjects

Important Dates and Deadlines

Mid Year Visits	January 2019
First Day of Spring Term	Friday 1st February 2019
IRCP Panel Review	Monday 25th February 2019
Foundation Skills Submission	Friday 29th March 2019
Last Day of Spring Term	Friday 29th March 2019

Dental Foundation Training Intermediate Review of Competency Progression 25th February

The IRCP takes place after six months in practice. Your progress and performance are reviewed by a panel which looks at all the information and evidence contained in your E-Portfolio

The purpose of the Interim RCP Panel is to:

- Confirm that you are on track to complete on time
- Ensure that any items identified at your ESR are being followed through
- Ensure that any other issues are identified
- Make an outcome recommendation

The panel uses as its primary evidence the reports from your ES and TPD.

Friday 1st February

Learning and Education Centre, Bedford Hospital



Morning Session

CPD = 3 Hrs

09.30 **Running a General Dental Practice.**

Mr. Dipak Patel.

Dental Educational Supervisor

Running a General Dental Practice is a challenging task. The practice principal is many characters in one; owner, manager, financier, clinician, colleague, employer, team leader, data controller, etc. Yet for many people owning and running their own practice is the pinnacle of their goals. Today's session is designed to look at many aspects of a general dental practice and try to gain an overview and understanding of the important constituents. During the year we have worked on our Foundation Skills portfolios which will have provided much information about the rules and regulation of practice. But the practice exchanges we will undertake soon will also highlight the many different ways in which a practice can be organised.

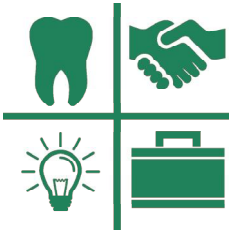


Learning outcomes

- *At the end of the session we should all have a better appreciation of the all encompassing role of the practice owner. This should be allied to an understanding of the regulatory framework surrounding practice and the organisation of teams within the practice. We should also have some better idea of the costs and rewards of practice ownership.*

12.30

Lunch



Friday 1st February

Schottlander, Letchworth

Afternoon Session

CPD = 3 Hrs

13.30 Values and Judgements in Practice.

Dr. Peter Cranfield.

Regional Advisor Dental Foundation Training

This session provide us with the chance to explore and examine some challenging situations which may arise within a clinical environment. We will have a chance to consider our own response to the situations and to compare our values and judgments with those of others. Reflection will aid our own personal development .

Group-work allows exploration of the range of values and judgements possible and will also encourage development of strategies to promote good judgment and ethical values within practice.

Learning outcomes

- *Understand more fully the processes needed for the ethical judgement in general dental practice.*
- *Use a range of strategies to help develop better judgement in difficult situations.*





Morning Session

CPD = 3 Hrs

09.30 Endodontics for DFTs in General Practice - Using Rotary Instruments.

Mr. Shashi Mishra.
Specialist in Endodontics

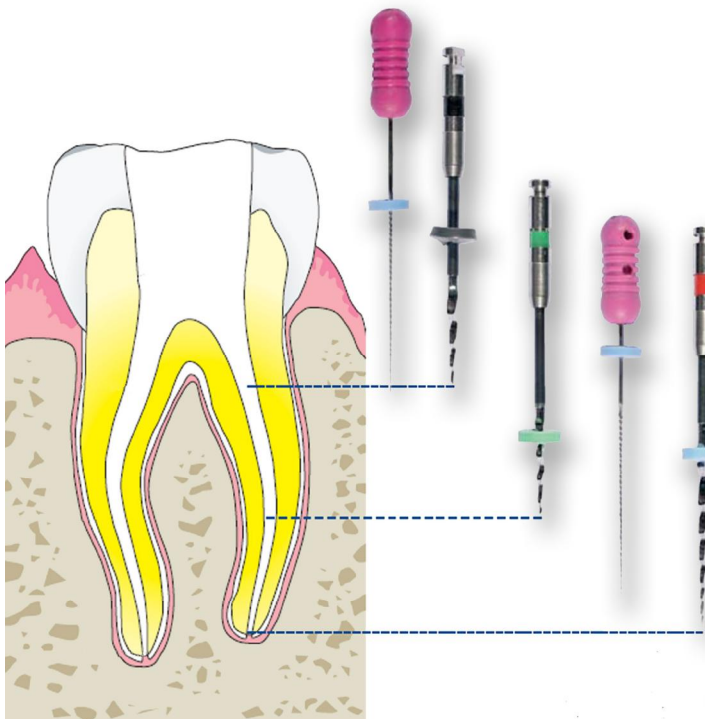
For many years improvements in the techniques of endodontic treatment have been tried using machine driven instruments. The difficulties of accessing small, curved and sometimes tortuous canals can be alleviated by the use of a handpiece mounted instrument. The introduction of nickel titanium instruments to this field has revolutionised the process, and there are now many 'systems' of such instruments commercially available. Today is an introduction to key principles and rationale for endodontic patients for DFTs and a look at pure rotational and a reciprocating system for canal preparation. The objectives of the day are:

- To develop knowledge and skills in endodontic assessment
- To develop knowledge and skills in endodontic treatment planning
- To develop knowledge and skills using proprietary rotary and reciprocating canal preparation techniques

Learning outcomes

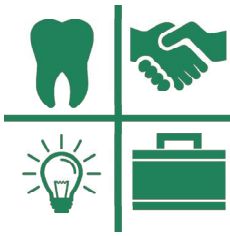
At the end of the course it is intended that DFTs will be able to:

- *Make an accurate endodontic diagnosis*
- *Understand the tests and procedures required to successfully establish prognosis prior to initiating endodontics*
- *Understand the role of endodontic assessment in relation to overall patient management and treatment planning*
- *Understand the benefits and limitations of some proprietary rotary systems*



12.30

Lunch



Thursday 7th February

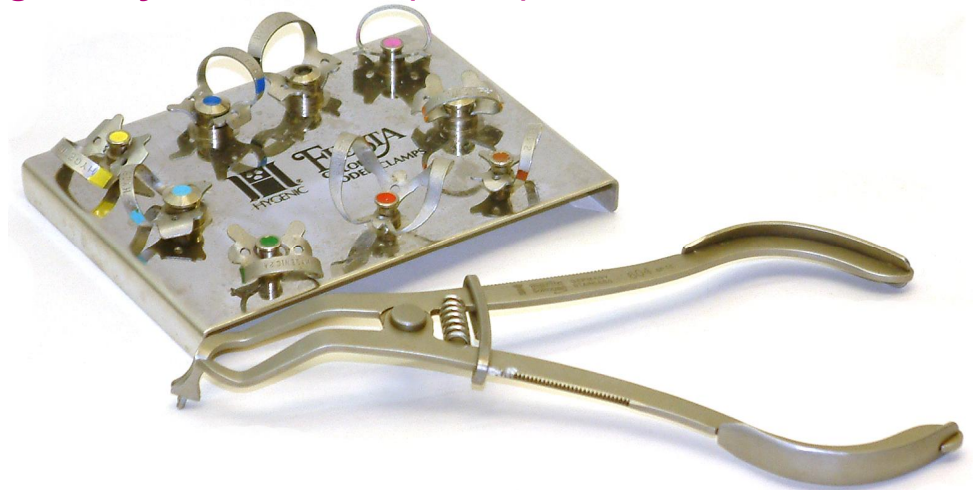
Luton and Dunstable Postgraduate Medical Centre.

Afternoon Session

CPD = 3 Hrs

13.30

Endodontics for DFTs in General Practice - Using Rotary Instruments. (Part 2)



Luton and Dunstable Postgraduate Medical Centre

Luton and Dunstable Hospital,
Lewsey Road. Luton. LU4 0DZ
☎ 01582 497199



THINGS TO BRING

- Extracted molar and incisor teeth (and premolars if you wish) with access cavities prepared (soaked in bleach for 24 hours and then stored in water).

Tuesday 12th February

Luton and Dunstable Postgraduate Medical Centre.



Morning Session

CPD = 3 Hrs

09.30 **Practical Minor Oral Surgery - a Hands-on Experience.**

Mr. Rob Bunyan.
Dental Surgeon

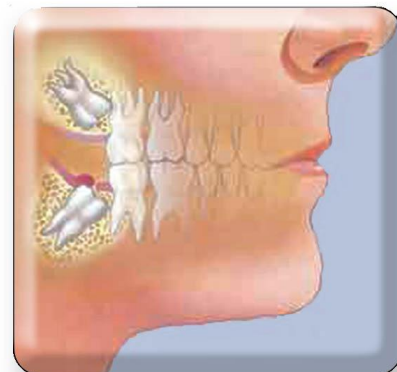


General dental practice includes carrying out many minor oral surgical techniques within the surgery. This includes removal of partially erupted and impacted teeth and the removal or buried or fractured roots. The skills necessary for providing our patients with this care and treatment are varied and require regular practice and refinement. Today is a hands-on session to help us to enhance our surgical skills.

The topics to be covered include:

- *Complications of forceps extraction, with a practical session on removal of retained roots.*
- *Principles of surgical division of teeth.*
- *Assessment, techniques and practical session on wisdom tooth removal*
- *Apicectomy and biopsy assessment and techniques with practical sessions .*

12.30 **Lunch**





Tuesday 12th February

Luton and Dunstable Postgraduate Medical Centre.

Afternoon Session

CPD = 3 Hrs

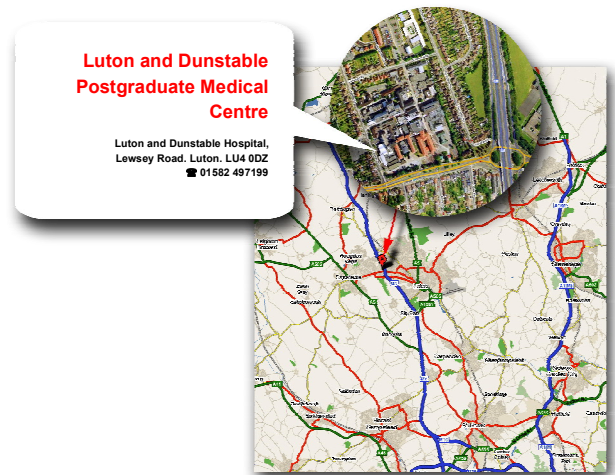
13.30 Practical Minor Oral Surgery - a Hands-on Experience. (Part 2)

Aims of the day

- *To provide practitioners with knowledge skills and confidence to carry out minor oral surgery procedures.*

Learning outcomes

- *Review the principles of minor oral surgery*
- *Discuss patient selection*
- *Identify relevant anatomy*
- *Demonstrate a number of different surgical approaches for root removal and apicectomy on a pig's head*
- *Practice flap design, surgical bone access and suturing techniques*



w/e Friday 22nd February

Bedford DFT Scheme Training Practices



Two Sessions

CPD = 6 Hrs

Practice Exchanges.

Dental Foundation Trainees.

During this week, everyone in the group will visit two different Training Practices, and will also have the opportunity to share their own practice with members of the group.

You must arrange half day visits for yourself to the practices of two DFT Group members. Hopefully DFTs will arrange to visit your practice.

When you are in your own practice, your visitor will be able to sit in with you whilst you treat patients (with your patients' consent); and perhaps they will wish to sit in with your ES for part of the time. If it is the time for your weekly Tutorial, how about both of you having a Tutorial with your ES?

You will need to complete the Practice Visit report forms when you are visited and when you are the visitor.

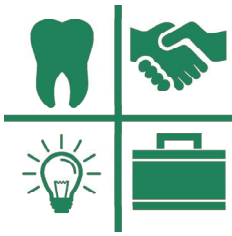
How do you feel having someone visiting you? What things are you proud of in your practice? Ask your visitors for comments on your practice and staff. Are their comments enlightening?

When you are the visitor, note down the points that you feel are different from your practice. Are these differences important? Would you want to work in this practice? What are your reasons for this decision? Discuss your impressions with your host. You may have seen something to be changed which has not been apparent to those working within the practice.

There will be a session later in the term to give a presentation about the visits to the rest of the group.

Learning outcomes

- *This exercise should provide everyone with a much better understanding of how dental services can be provided in a variety of ways in a range of settings. It should also provide a degree of Peer Review experience for all taking part.*



w/e Friday 1st March

Bedford DFT Scheme Training Practices



Wednesday 6th March

Kings House, Amptill Road, Bedford



Day Session

CPD = 6 Hrs

09.30 Health and Safety in General Dental Practice

Mrs Jane Bonehill.

DenMed UK

Employers are required to protect the health and safety of people while at work and others who may be affected by the undertakings. Thousands of accidents and cases of ill health happen in workplaces every year, some are reported to the enforcing authorities, however, many go unreported. A fundamental aspect of health and safety is to take measures aimed at preventing accidents and protecting people. Employers and employees need to work together in order to achieve good health and safety standards. Employers must inform, instruct and train their staff on all aspects relating to safe working practices in order to achieve acceptable standards. Good health and safety standards make good business sense..

Learning outcomes

- *Understand the principles of occupational health and safety and apply this knowledge in the workplace.*
- *State and understand the scope of legal and moral responsibilities whilst at work.*
- *Understand the principles of accident prevention and the need to report accidents including near misses*
- *Understand the importance of risk assessment and the practical actions to improve health and safety*
- *Be aware of the hazards and risks associated with the workplace, work equipment, work activities, fire, display screen equipment and hazardous substances*
- *Determine reasonable methods to control risks associated with all aspects of the working environment*



DenMed

16.30

Close



Wednesday 6th March

Kings House, Ampthill Road, Bedford

Outline of the Day

A. INTRODUCTION

Accidents, Accident prevention, reporting and Recording, Cost of poor and benefits of good safety standards, Occupational health, safety & welfare

B. HEALTH AND SAFETY LAW

Legislation, Responsibilities and duties, Enforcement

C. RISK ASSESSMENT

Hazard identification, Risk Evaluation, Control Measures

D. WORKPLACE HEALTH, SAFETY AND WELFARE

Responsibilities, Environment and Safety Signs

E. WORK EQUIPMENT

Hazards, Precautions, Responsibilities

F. FIRE SAFETY

Causes, The Fire Triangle, Prevention, Control

G. HAZARDOUS SUBSTANCES

Identification, Assessment, Control

H. MANUAL HANDLING

Handling injuries, Regulations, Assessment and Control

I. ERGONOMICS & DISPLAY SCREEN EQUIPMENT

Regulations, Hazards, Assessment and Control

J. PERSONAL PROTECTIVE EQUIPMENT

Types, Assessment, Responsibilities

K. FIRST AID

Purpose, Regulations, Provision

L. ADDITIONAL SUBJECTS COVERED

Working at heights, Transport and vehicles, Noise and vibration

(Please note these subjects are a mandatory part of the syllabus, however, they may not directly relate to the dental or medical environment, therefore, a brief overview will be given)

ASSESSMENT – Multiple-choice examination consisting of 30 questions

Friday 15th March

Learning and Education Centre, Bedford Hospital



Morning Session

CPD = 3 Hrs

09.30 **New Solutions for Old Dilemmas: Topical Issues In Restorative Dentistry - a Clinical Update**

Professor Andrew Eder

Traditional approaches to the predictable provision of dental treatment may have tremendous benefits for our patients. However, exciting new methods and concepts must also be considered given changes in the incidence, severity and pattern of dental diseases and the development of alternative materials and techniques.

It is the aim of this evidence-based presentation to stimulate colleagues to review the role and importance of various methods for restoring and replacing teeth in clinical practice.

- *Magnification*
- *Operative dentistry*
- *Fixed prosthodontics & implants*
- *Ceramic restorations*
- *Bleaching*
- *Tooth surface loss*
- *Caries dissolution*

12.30 **Lunch**





Friday 15th March

Learning and Education Centre, Bedford Hospital

Afternoon Session

CPD = 3 Hrs

13.30

New Solutions for Old Dilemmas: Topical Issues In Restorative Dentistry - a Clinical Update (Part 2)

Professor Andrew Eder

Professor Andrew Eder is Associate Vice-Provost and Director of CPD and Short Course Development for UCL Eastman Dental Institute where he is Professor of Restorative Dentistry and Dental Education and also an Honorary Consultant in Restorative Dentistry at UCLH NHS Foundation Trust.

As a Specialist in Restorative Dentistry and Prosthodontics, he also maintains a referral Specialist Private Practice in Central London.

Andrew is Co-Editor of the BDJ book on Tooth Surface Loss and research is directed towards postgraduate dental education and the development of adhesive restorations in the management of tooth wear.

He is a former President of the British Society for Restorative Dentistry, the London Chapter of Alpha Omega and the Royal Society of Medicine's Odontological Section.

Andrew is also on the Editorial Advisory Boards of the British Dental Journal, Private Dentistry and The European Journal of Prosthodontics and Restorative Dentistry.



Thursday 21st March

Wyboston Lakes, St. Neots



Welcome to Wyboston Lakes

This is a residential course for the Bedford, Peterborough and Stevenage Dental Foundation Training Schemes..

This is a residential course for the Bedford, Peterborough and Stevenage Dental Foundation Training Schemes.

Registration is from 09.00-09.15

Twin room accommodation has been arranged at Wyboston Lakes for the evening of Thursday 11th May 2017.

You will need smart casual clothes for the day sessions and evening.

For the Dentathlon you will need sportswear which you are happy to get muddy and /or dirty.

This residential will be focusing on two main areas:



Thursday 21st March

Wyboston Lakes, St. Neots

Wyboston Lakes is situated 18 miles west of Cambridge, close to the A1/A428 interchange on the Bedfordshire / Cambridgeshire border and within one hour's drive of London and the Midlands.

By Road from North or South

Leave A1 at A428 junction (signposted Cambridge) just south of St. Neots. From North, take third exit at roundabout. From South, take fourth exit at roundabout (back towards A1). Flags mark the entrance to Wyboston Lakes.

By Road from West

From Bedford and M1, take A421 (signposted Cambridge). Join A1 North and leave at A428 junction (signposted Cambridge). Take fourth exit at roundabout (back towards A1). Flags mark the entrance to Wyboston Lakes.

Distance to from M25/A1 interchange to Wyboston: 39 Miles - 60 Minutes

Please take note of the many variable speed limits....

The Willows Centre

Wyboston Lakes Hotel



Thursday 21st March

Wyboston Lakes, St. Neots



Thursday Sessions

CPD = 6 Hrs

09.30

Life after Foundation Training.



The Dental Defence Union Hempsons Humphrey & Co Medical Money Management

This programme aims to provide you with career advice about becoming an associate and how to be more involved in the running of a successful and customer-focused practice.

Objectives

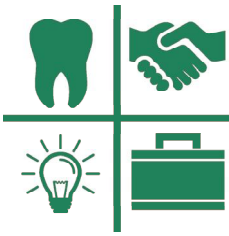
- *To Explore the dento-legal and ethical dilemmas - the challenges dentists face everyday.*
- *To discuss business finance - selecting, purchasing and running a successful practice - when you're ready.*
- *To look at legal issues - self-employed contracts and where to get practical help and advice.*
- *To consider career options - the routes available and how you can plan for them: working as an associate in a practice, what to look for and avoid*

Learning outcomes

- *To have a greater understanding of ethical challenges faced by associates and how to manage these*
- *To appreciate the financial structures underpinning a successful practice*
- *To understand the relevance and application of employment law in an associate position*
- *To have a greater awareness of career pathways and how you will start to develop your own career pathway*

You will be working in two groups with members from each scheme. There will be a variety of talks from our specialist speakers

09.30	Introduction from DDU
09.45	Session One
10.45	Break
11.15	Session Two
13.15	Lunch
14.15	Session Three
15.15	Session Four



Thursday 21st March

Wyboston Lakes, St. Neots

 **Evening Session**

CPD = 0 Hrs

Bedford, Peterborough and Stevenage Dentathlon



Whilst we prize intelligence, manual dexterity, communication skills and perfectionism in our profession, there are occasions when brawn and not brain are important.

To balance the intellectual rigours of the residential, the schemes will have the opportunity to demonstrate their physical prowess by competing against one another in a variety of sporting events.

These events will provide an opportunity for all FDs to participate.

Each scheme will present an opening haka. This does require teamwork and preparation and your TPD can advise you further.

Rules of combat

- No cheating. No bad language. No fighting..
- The decision of the referee is final.
- Suitable clothing must be worn —sportswear, trainers and thin gloves (optional but advised). *Failure to do this will result in a points penalty for your team.*
- If you have any medical conditions which would prevent you from participating, please mention these to your advisor PRIOR to the residential. All information will be strictly confidential.
- In the event of bad weather, we will be having a quiz challenge exploring the worlds of dentistry, the banal and beyond.....
- The winning team will be presented with the coveted Super Seven Cup.

Friday 22nd March

Wyboston Lakes, St. Neots



Morning Group A - Afternoon Group B

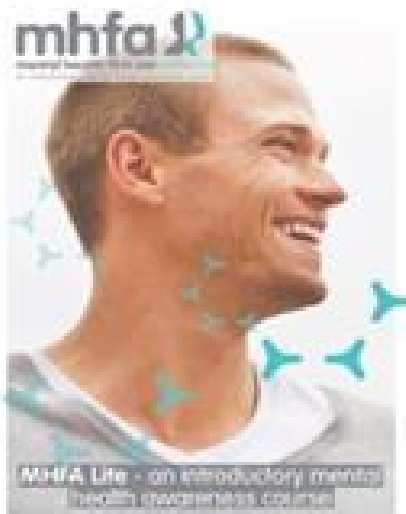
CPD = 3Hrs

09.30

Mental Health First Aid Lite

Mrs. Ceri Whybrow

Mental Health Trainer



Mental health issues are becoming more prevalent. There is prejudice and stigma associated with it.

Illness is indiscriminate and affects both our patients and our profession. How can we recognise symptoms? What should we do and how can we best support our patients and colleagues?

This introductory course is designed to explore the current issues surrounding mental health, to raise your awareness and improve your ability to support those in need.

Objectives

- Gain a wider understanding for themselves and others, of some issues surrounding mental health
- Gain a greater understanding of how and why positive and negative mental health affect business
- Work more effectively with people experiencing mental health problems

Learning Outcomes

By the end of the course participants will be able to:

- Identify the discrimination surrounding mental health problems
- Define mental health and some mental health problems
- Relate to people experiences
- Help support people with mental health problems
- Begin developing a business case for promoting positive mental health in the workplace
- Look after their own mental health better



Friday 22nd March

Wyboston Lakes, St. Neots



Morning Group B - Afternoon Group A

CPD = 3Hrs

09.30

Burnout and resilience



Dental Protection Limited

Dentistry is a very rewarding career. However it is also recognised to be very stressful and demand resilience from its professional teams.

To stay well and thrive you need to understand the nature of stress, the signs of burnout either in yourself and/or other members of your team.

Increasing demands placed upon the modern clinician means measurable burnout is significant and increasing. This has a direct and indirect effect on dento-legal risk. This workshop is designed to inform and empower practitioners to manage this threat to themselves and patient safety.

Objectives

- *To understand the concepts of burnout and resilience*
- *To explore how your behaviour contributes to risk and patient safety*
- *To learn about risks posed by burnout*
- *To think about or mitigate the effects*

Learning Outcomes

- *Enhance your understanding of the evidence around resilience, burnout and risk*
- *Be able to recognise signs of burnout*
- *Appreciate the need to respect individual and organisational resilience*
- *Develop strategies for recovery*

Friday 29th March

Learning and Education Centre, Bedford Hospital



Morning Session

CPD = 3 Hrs

09.30 Introduction to Occlusion

Mr. Paul Jackson

General Dental Practitioner

A good working understanding of how a dentition works dynamically is fundamental to the understanding of occlusion and the provision of good dental care. Today's session is a chance for all in the group to learn more about the importance of occlusion in restorative dentistry and to have a better understanding of the diagnosis and treatment of occlusal problems.

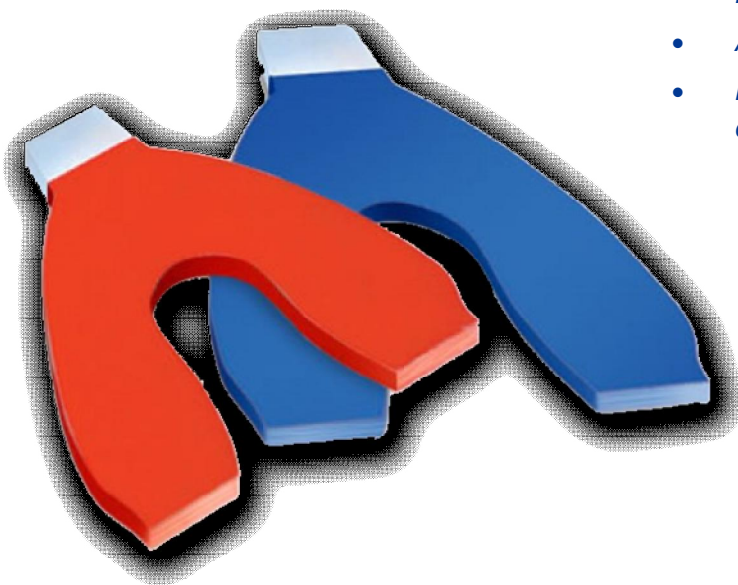


Objectives

- *An understanding of a dynamic dentition*
- *Recognition of occlusal disharmony*
- *Understanding of simple occlusal adjustment and re-alignment.*

Learning outcomes

- *Good understanding of how a dentition functions during normal mastication.*
- *Ability to diagnose occlusal problems*
- *Knowledge of methods of treating occlusal disharmony.*



12.30

Lunch

PML Evidence

Sessional Content for e-Portfolio



Running a Practice
Values
Endodontics
Practical Surgery
Practice Exchanges
Health and Safety
New Solutions
Transition from DFT
Mental health and burnout
Occlusion
Cases from our ESS

	Running a Practice	Values	Endodontics	Practical Surgery	Practice Exchanges	Health and Safety	New Solutions	Transition from DFT	Mental health and burnout	Occlusion	Cases from our ESS
Professionalism											
Appraisal	✓	✓			✓	✓	✓	✓		✓	✓
Clinical audit and peer review	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓
Confidentiality	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
Ethical behaviour	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓
Critical evaluation	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓
Decision making	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
GDC Scope of Practice	✓	✓	✓	✓		✓	✓	✓		✓	✓
Whistleblowing		✓				✓	✓	✓			✓
Management of difficult patients	✓	✓	✓	✓		✓	✓	✓		✓	✓
Patient safety	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Self-awareness	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Professionalism and Management											
Basic Life Support training	✓					✓					
Consent	✓	✓	✓	✓		✓	✓	✓		✓	✓
Equality & Diversity	✓				✓	✓	✓	✓		✓	✓
GDC Standards	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
NHS complaints procedure	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓
Referring patients	✓		✓	✓		✓	✓	✓		✓	✓
Management											
COSHH regulations	✓				✓	✓					
Dental equipment selection, care and maintenance	✓		✓		✓	✓					
Data Protection	✓	✓	✓		✓	✓					
Employment contracts/associate agreements for dentists	✓	✓			✓	✓					
Employment Law basics	✓				✓	✓		✓			
Finance	✓	✓			✓	✓	✓	✓			
Health & Safety requirements in dentistry	✓	✓	✓	✓	✓	✓		✓			
Infection control procedures	✓	✓	✓	✓	✓	✓		✓			
NHS prescribing	✓		✓	✓	✓	✓		✓			
NHS Rules & Regulations in Dentistry	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓
Prescribing, directing, taking, processing and interpreting radiographs	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓
Range and scope of NHS dental care	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓
Record keeping	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓
Use of emergency drugs	✓			✓		✓					
Information Governance	✓	✓			✓	✓		✓			
Safeguarding Children and Adults	✓	✓				✓		✓	✓		
Leadership											
Facilitating learning in others	✓	✓				✓			✓	✓	✓
Quality management and improvement	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Role model	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Teamwork	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
GDC Domains											
A	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
B	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
C	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
D	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



Speakers

Spring Term 2018 - 2019

Jane Bonehill



Mrs Jane Bonehill

Denmed,
115 Welford Road,
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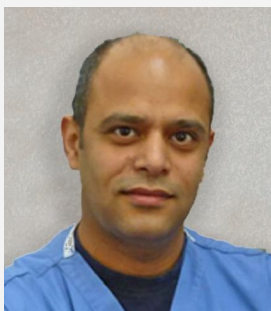
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Mr Dipak Patel

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Calendar 2018 -2019



2019

January

Practice Mid Year Visits - dates and time as arranged.

Friday 1st February First Day of Spring Term

Thursday 7th February

Hands on Practical Endodontics at Luton and Dunstable Hospital.

Tuesday 12th February

Hands on Practical Minor Oral Surgery at Luton and Dunstable Hospital.

Week ending Friday 22nd February

Practice Exchanges

Monday 25th February

IRCP Stage I Panel

Wednesday 6th March

Health and Safety

Thursday 21st

Friday 22nd March

Residential, Wyboston Lakes

Thursday 29th March Last day of Spring Term

ESs at Bedford Medical Institute. from 1.30pm.

Friday 3rd May First Day of Summer Term

Friday 5th July Last Day of Summer Term

ESs present all day from 10.00am.