

A Career in Dental Core Training in the Midlands & East



Developing people
for health and
healthcare

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What is Dental Core Training?

Postgraduate dental training in either primary or secondary care setting

- Protected educational environment
- Focussed educational training
- Regional teaching programme
- Careers advice
- Study leave / protected study time
- Portfolio development
- Route to specialisation

Why choose this training?

Mapping to future workforce need...

- We want a sustainable future workforce
- We want a workforce that wants to be here
- We want skilled practitioners
- We want safe care for our patients

What isn't Dental Core Training?

It isn't undergraduate education...

- It isn't specialist training
- It isn't 'oral surgery'
- It isn't an 'easy option'
- It doesn't guarantee exam success
- It doesn't guarantee career success
- It isn't a fast route to wealth!

Future challenges

Training pathway has changed...

- Smaller numbers aspiring to secondary care career
- Less applying but being offered more posts
- 70% leave after DCT1
- Most wishing to pursue 'oral surgery' or community practice
- Most want a 'theme' even though it is 'generic' training

Typical Day

A day in the life of a DCT...

- Varied, but normally starts with a ward round
- Clinics, minor surgery list, day case surgery or main theatre list
- Occasionally will be involved with specialist clinics e.g; orthognathic, head & neck oncology, implantology, orofacial pain, trauma clinic
- Day or overnight on-call cover
- Weekend on-call shifts

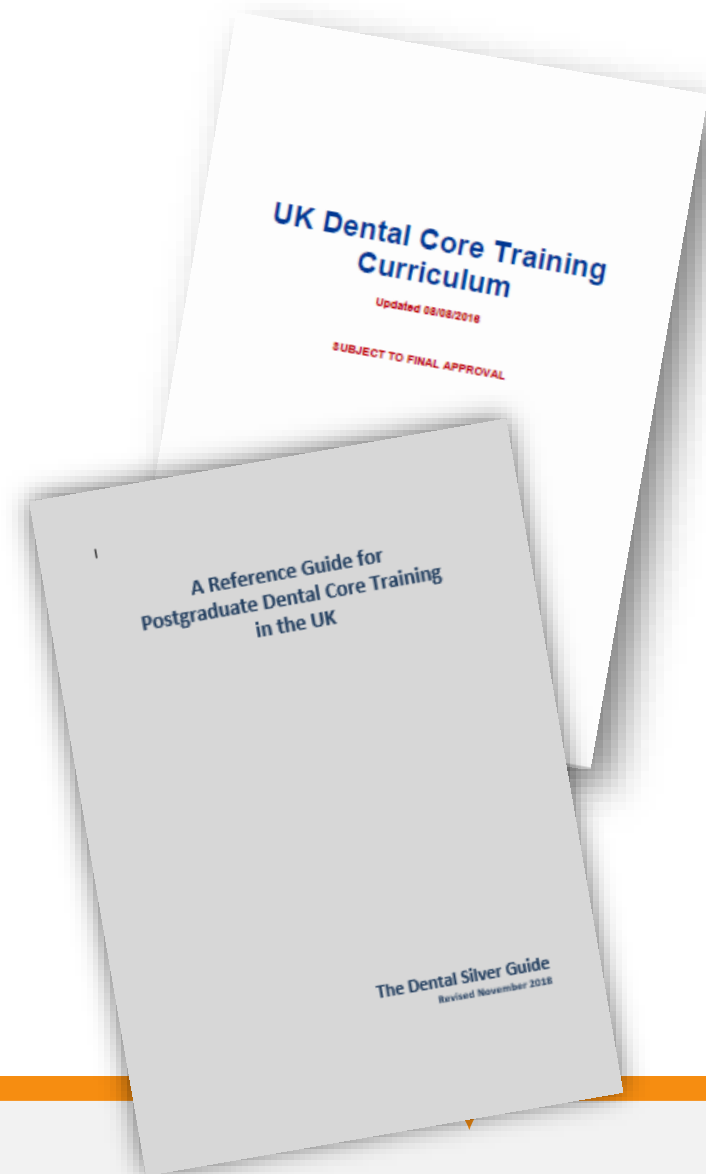
Personal Qualities for this training

- **Excellent communication skills** – Essential
- **Good interpersonal skills** – Essential
- **Leadership** – Required
- **Resilience** – Essential
- **Practical skills** – Required in line with Foundation competencies
- **Life long learner** – Definite

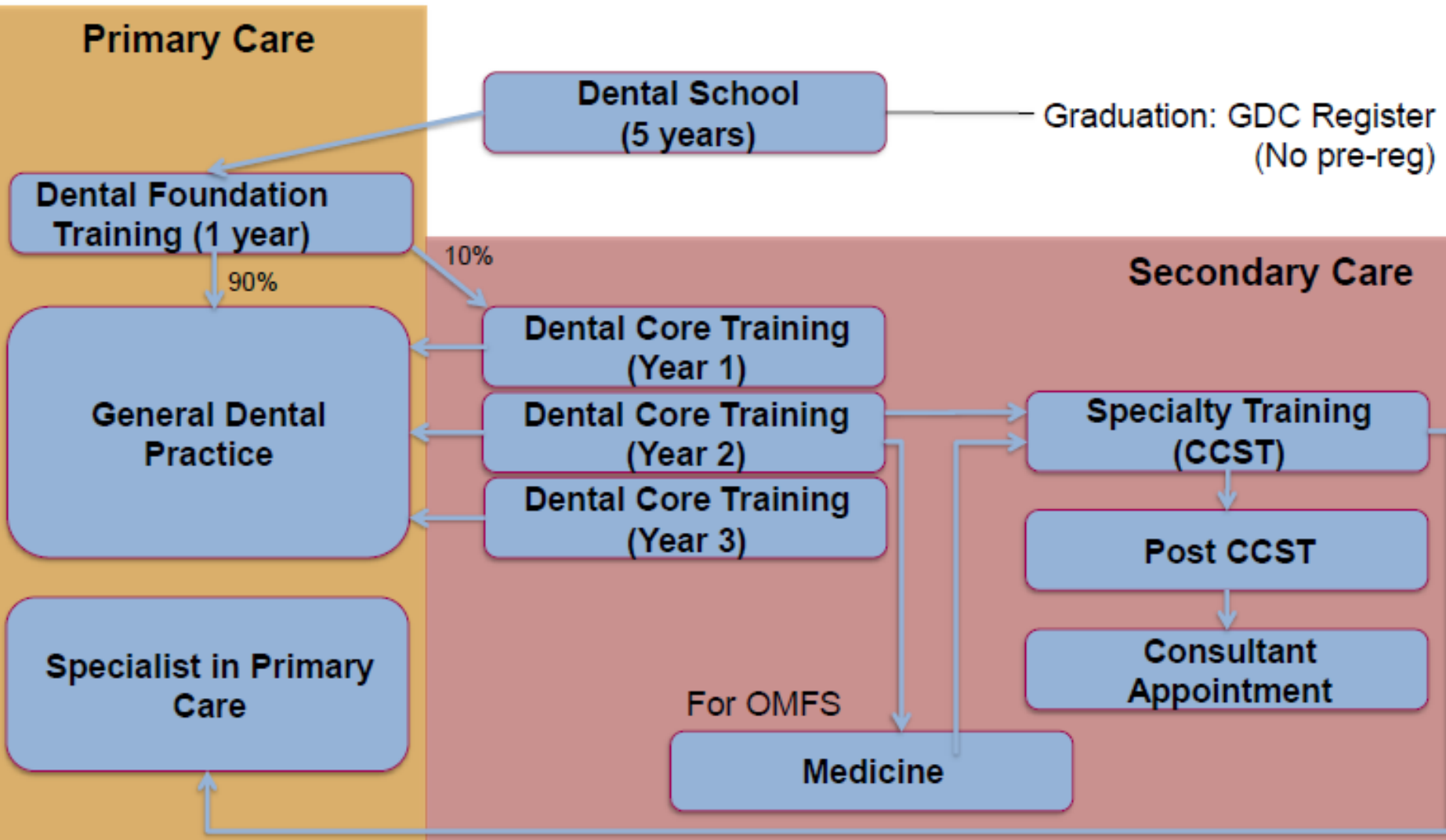
- In line with all specialities, trainees need to be **reliable, self-motivated, punctual , flexible and good team players**

Training Pathway

- DCT is a one-year, fixed term training programme
- There is a curriculum that maps to training
- There is an interim and final RCP process to assess progress
- Regular appraisals with Educational Supervisor
- Local / regional teaching programme based on curriculum
- Training is also opportunistic – “trainees get out what they put in”



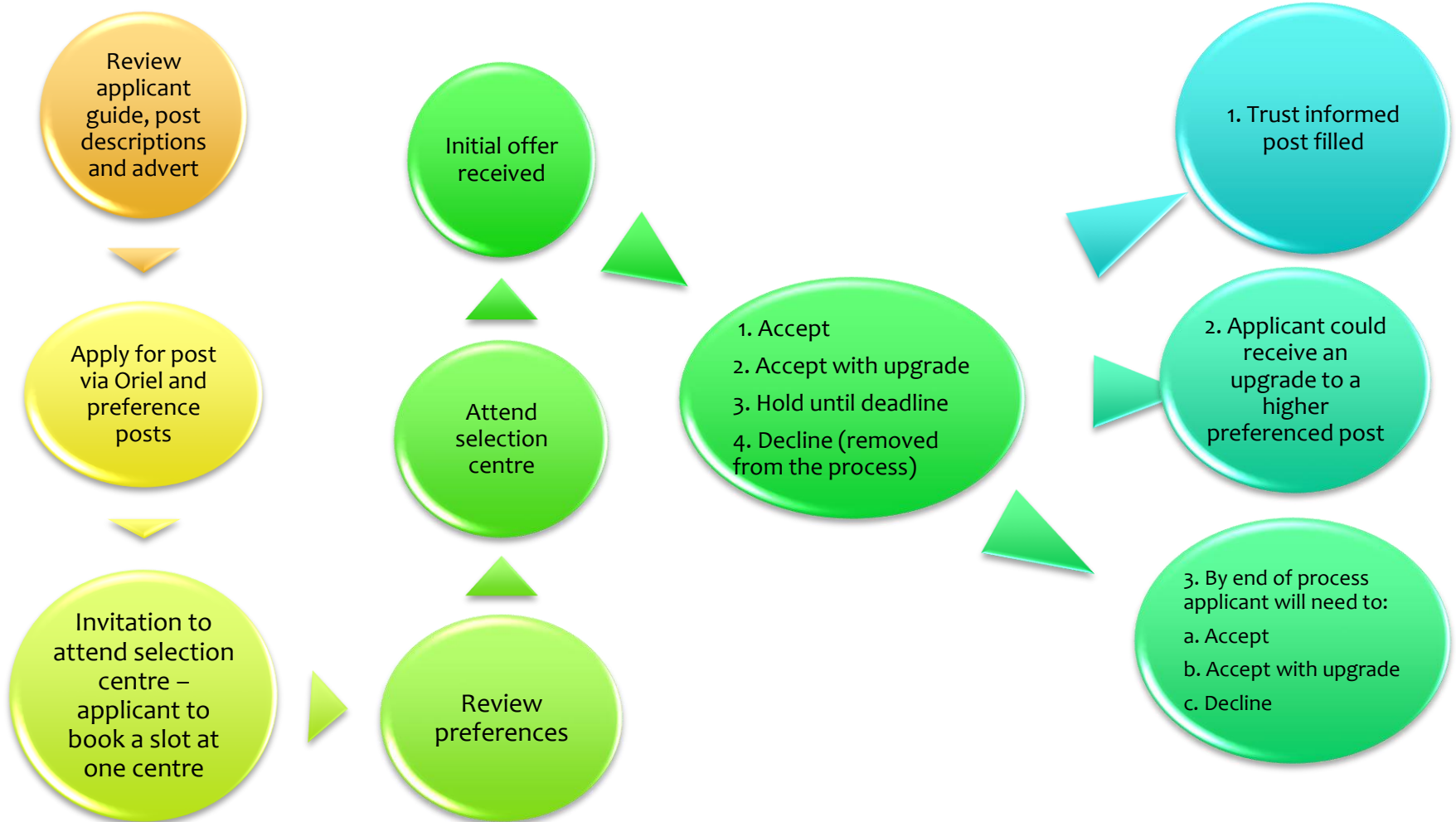
Training Pathway



Requirements During Training

- Work place based assessments (supervised learning events)
- E Portfolio
- Life support courses; BLS, ILS
- Audit / QIP
- Presentations
- Publications
- Safeguarding courses
- Teaching
- Managerial experience
- Annual review of competence progression (ARCP)

Application Process



Recruitment

- Multiple mini interview stations and a Situational Judgement Test
 - Situational Judgement Test
 - Clinical communication
 - Clinical scenario
 - Clinical governance and risk management (DCT1 only)
 - Portfolio station (DCT2 & 3 only)

National Selection Centres

Selection centre	Lead centre	Location
Scotland and Northern Ireland	Scotland	Edinburgh
South West and Wales	HEE South West	Bristol
North	HEE North East	Newcastle
West Midlands	HEE Midlands & East	Leicester
London and South East	HEE LaSE	London

Competition Ratios

Low competition ratio – approximately 1.9:1

Why train in the M&E?

- Largest region in the country
- Diverse area resulting in wide range of pathology.
- Mix of smaller DGHs, large teaching hospitals and tertiary units ensures broad training and excellent opportunities.
- Low training ratio, so gain experience
- Mixed rural and urban opportunities



So, why apply to Midlands & East?

- **Top tips**
 - Low application numbers
 - Quality assured training
 - Named educational supervisors
 - Comprehensive induction
 - ‘Different’ and innovative approach
 - Specialist themes into DCT2/3 programmes

Advice on applying – 3 basic rules

Top tips

1. Prepare carefully....start early
2. Give evidence for everything you write / say
3. Think about your future and show commitment to training

Where to go for more information...

- [NHS health careers](#)
- www.copdend.org
- Local HEE office website (for detailed post descriptions)