Essex Coast

Foundation Training Scheme for General Dental Practice

Spring Term
13th February — 24th March 2015

Education Centre, Basildon Hospital
GENERAL FORMAT

The day release course will be eight hours per day with breaks for lunch (1 hour), tea and coffee as appropriate. Typically, a day will be 09.30-13.00 for the morning session and 14.00-17.30 for the afternoon session with coffee at 11.00 and tea at 15.30. A day will count as 5 hours CPD. Some days are residential at Conference Centres or hotels. These are professional Postgraduate study days and attendance of partners, relations and friends is not allowed.

MAIN TOPICS

These will be presented by speakers with an interest and expertise in this area as it relates to General Dental Practice. The majority will be presented by general practitioners some of whom will be your Trainers. There will be time at the start of each day of the course at Basildon for group problem solving.

GROUP WORK

This will involve, amongst other activities, journal discussions, problem solving, case presentations and short topics. It is your involvement that will make these sessions work.

NOTE FOR TRAINERS

Trainers are welcome to attend certain of the day-release sessions. The programme is approved under Section 63; travel and subsistence expenses are reclaimable at the current rates.

Attendance at the Trainers’ meetings is mandatory. Each session is 2.5 hours of verifiable CPD.

Please note: Training days are usually but not always on a Friday
Spring Term
Venues and Subjects

Spring Term

Friday 13th February
Rules & Regulations/Dental Photography
B4, Education centre, Basildon

Friday 20th February
Minor Oral Surgery
Simulation Suite, Basildon

Thursday 12th March
Crowns for non vital teeth
Simulation Suite, Basildon

TRAINERS MEETING AT LOCAL APPOINTMENT EVENT AT ORSETT HALL ON 19TH MARCH AT 5.30pm
Spring Term
Venues and Subjects

**SPRING TERM**

Friday 27th March  
Audit Presentation / Hints & Tips  
B2, Education centre, Basildon

Friday 10th April  
Rubber Dam & Direct Composite Veneers  
Simulation Suite, Basildon

Friday 17th April  
Oral Medicine and Oral Cancer Updates /Endodontics  
B3, Education centre, Basildon

Friday 24th April  
Managing Anxious Patients /Team working in the Dental Surgery  
B3, Education centre, Basildon
9.30am  **Rules & Regulations**

*Mr Mohammed Chohan & Mr Jinesh Vaghela*

“Can I do 3 root canals and 3 crowns on the NHS?”. “If I refer the patient to the hygienist, am I misleading the patient with regards to periodontal treatment on the NHS”, “I want to crown a tooth I root treated 8 weeks ago. Is this classed as a new course of treatment?”. A lot of DFTs have many questions with regards to the NHS Contract. There is a lot of ambiguity and confusion of what can be offered on the NHS. This session will unravel the mysteries and provide a simple overview of what is expected from NHS Dentists in England. It will introduce the trainees to nGDS system and help understand the UDA banding of treatment. It will cover the mandatory services under the nGDS and what is available under the NHS.

**Aims and objectives:**
- To provide a simple overview of what is expected from NHS Dentists in England
- Introduce the nGDS system.
- Understand the UDA banding of treatment.
- Mandatory services under the nGDS.
- What is available under the NHS.
2.00pm  Dental Photography

This fun and interactive session will cover all aspects of the use of digital photography in dental practice. This includes intra-oral, extra-oral and portraits. The trainees will be taken through photography, from the basics of choosing correct equipment and setting it up, to optimum settings, techniques for consistent imaging and the safe storage of images. No previous knowledge is necessary, and if you have access to a digital SLR Camera or own one, then please bring it along with you. The practical component of this fun workshop will involve working in groups to take some extra oral and intra oral photographs. The session will also cover which photographs would be desires for the end of year DFT Case Presentations.

Aims and objectives:
• The uses of digital photography within dentistry.
• How to use the functions of a Digital SLR Camera for dental photography
• What equipment we require for dental photography
• What views to take and how to take them
• How to store images and back them up.

Please bring with you:
Any digital SLR Camera that you may have
Friday 20th February
Simulation suite, Basildon

CPD = 5 hrs

9.30am  **Minor Oral Surgery in General Practice**

Mr David Madan  
Consultant Oral Surgeon

The removal of certain wisdom teeth, buried roots, hemisection and certain aspects of soft tissue surgery are all part of general practice needing no referral. Recognising what you are capable of carrying out, and being confident, are a matter of experience and training.

We will be working with pigs jaws to practice the techniques of bone removal and correct use of instruments to remove teeth.

2.00pm  **MOS continued**

This afternoon will continue with suturing both in and around the mouth.

The various types on suture material, needle sizes and types of suture will be discussed and practiced on pig’s jaws.

**Aim of session:**
To explain what are suitable cases for treatment in general practice and more importantly what you should be referring at this stage of your career. A look at the equipment and techniques required for minor oral surgery.

**Learning outcome:**
To understand what equipment should be available in practice and how to use it for the safe removal of teeth and wound closure. Being able to assess cases and not to attempt the impossible at this stage of your career.
9.30am

Crows for non vital teeth

Mr Mike Kelly

Mike Kelly is a General Dental Practitioner. He is well qualified to give this presentation having MGDS, MSc in crown and bridgework and a Postgraduate Teaching Certificate. He is the Training Programme Director for KSS West.

Today you will be looking at preparing teeth which have been endodontically treated by direct and indirect means. There will also be a Hands-on workshop.

Aims of session:
- Assess the appropriateness and value of restoring non vital teeth in current clinical practice
- Consider the different ways a non vital tooth can be restored to function and the likelihood of long term success
- Carry out preparation of extracted teeth for direct and indirect posts and cores

Learning outcome:
- Assess the viability and longevity of endodontically treated teeth
- Appraise the research on post crowns
- Describe the advantages/disadvantages of direct and indirect post and cores
- Use the appropriate preparation kits
- Prepare roots for direct and indirect posts
- Construct direct cores using 2 materials
Friday 27th March
B2, Education centre, Basildon

9.30am  Audit Presentations

Trainers

Presentation of your audit to the rest of the group is required this morning and the completed audit has to be handed in at the end of the session. The Trainers present will be marking the finished product and a prize will able awarded for the highest scoring.

You should aim to demonstrate an understanding of the audit cycle and its application to your chosen topic. Discussion of your results and any changes you made after the 1st cycle must be part of your presentation.

Aim of session:
To discuss your audit with your fellow VDPs thereby demonstrating an understanding of the audit. Further experience of presenting.

Learning outcome:
To understand the value of audit and its importance in clinical governance by observing the wide variety of topics presented.

2.00pm  Hints & Tips

Mr Pomi Datta

During his thirty four years of practice, Mr Datta has compiled a list of “tricks of the trade” - simple ideas and shortcuts that make certain tasks much easier. This session has always rated highly with past VDP groups.

Aim of session:
To gain from the everyday dental experience of a committed Trainer and MJDF Tutor.

Learning outcome:
How to make life easier for yourself when performing certain dental treatments by utilising the demonstrated procedures.
9.30am  Work Satisfaction with Rubber dam and Direct composite veneers

Dr Van Rensburg obtained his degree in dentistry at the University of Pretoria, South Africa. He has also completed a two year extended course in Orthodontics which included a clinical attachment position at the Conquest Hospital in Hastings, East Sussex. He has lectured at numerous International and National Dental Congresses, Study Group Meetings, BDA meetings and post graduate centres throughout the UK, Europe and India. He has developed a wealth of experience in fibre reinforced composite restorations by clinically doing them on a regular basis and also lecturing on this topic since 2003.

Morning session

Despite the known advantages of rubber dam in general dentistry and the fact that it should be mandatory for root canal treatment, most dentists in the UK remain resolutely stubborn to adopt its use routinely.

In this lecture Dr Jansie Van Rensburg will cover the basics and rationale of rubber dam use before going on to demonstrate its practical use in everyday practice situations. In the hands on section of the course you will then get to practice the different techniques for applying rubber dam for yourself and will come to realise just how simple it can be with a little know-how.

Afternoon session

In the afternoon session we shall build on what was taught in the morning by looking at some applications of adhesive dentistry where rubber dam is so useful, specifically periodontal splinting and direct composite veneering. In this section we will look at cost effective and minimally invasive ways to deal with the periodontally compromised patient. Direct composite veneers together with Gum shade composites will be used to demonstrate how the appearance of periodontally involved teeth could be improved. Again, following a practical demonstration, you will be able to practice the techniques taught for yourselves.

pto …..aims & objectives
**Friday 10th April**

*Simulation suite, Basildon*

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**Aims and objectives:**

**Rubber dam**
*Basic principles around tooth isolation*  
*Learn different techniques on how to isolate a tooth and a group of teeth with rubber dam*

**Matrix system**
*Learn how the correct matrix system can assist you when doing posterior composites*  
*Learn how to achieve a tight contact point between the composite restoration and the adjacent tooth*

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*Learn how fibre-reinforced composites may be used for periodontal splinting.*

- *As an extension of this, learn how a periodontally hopeless tooth may be used as a pontic for an immediate bridge*
- *Learn how direct composite veneers may be used to improve aesthetics, often an issue in patients with periodontal disease*
- *Learn how to deal with the “periodontal black hole” and other issues around restoring the periodontally compromised mouth.*

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9.30am  Oral Medicine and Oral Cancer Updates

Mr Mark Singh

Mark qualified in 1998 at The Royal London Hospital with his BDS and worked in Grays, Essex as a VT. He then worked between Basildon and Southend Hospitals as a SHO and completed his MFDS before going on to study Medicine. He returned to Essex to complete his surgical training before his registrar training along the South Coast of England. He is currently a Consultant OMFS Gloucester & Cheltenham.

Updates on the current managements of common oral medicine conditions in practice. Also looking at the recent advances in oral cancer treatment and skin cancers.

Aims of session:
- Increase awareness of common oral medicine conditions, oral and skin malignancies
- Improve confidence in managing oral medicine conditions
- Identify common oral medicine conditions, oral and skin malignancies and refer appropriately. Increased awareness in current management of these conditions.

Learning outcome:
- Be aware of common oral medicine conditions and differential diagnosis
- Know how to refer and manage cases
- Be able to recognise common skin malignancies on the head and neck
- Improve awareness of the techniques and reconstruction involved in oral cancer
2.00pm   Endodontics

Mr Martin Lazenby

Martin qualified from Bart’s and the London Dental School. After completing vocational training in Essex he worked in hospital dentistry, first as and SHO in Oral & Maxillofacial Surgery and then as a Core Trainee in Restorative Dentistry. After this he returned to practice, where he completed and MSc in Endodontics. He now works primarily as an endodontist and splits his time between the Royal London and private practice in Southend and London’s Harley Street.

An overview of endodontic diagnosis and treatment planning. Covering how to diagnose endodontic disease and associated pathologies (cracked cusps, pulpits, apical periodontitis, atypical pains, etc). Discuss how to choose and plan treatment, how to identify potential problems before they arise, when to attempt treatment and when to refer. There will be an opportunity for attendees to bring difficult cases they with to discuss.

Aims of session:

- Develop an understanding of endodontic disease and how to diagnose and categorise it
- Learn to assess a tooth for endodontic treatment and how to plan such treatment
- Be able to identify factors which complicate endodontic treatment and recognise treatments that require referral

Learning outcome:

After this session attendees should be able to understand and diagnose disease of endodontic original an plan basic treatments. Additionally they should be able to identify features which complicate treatment and identify where treatment lies beyond their current ability
9.30am  Managing Anxious Patients

Miss Amy Schiller

Amy is Operational Director for Community Dental Services in Suffolk. She has five years experience in NHS and Private general practice and 10 years + experience in community dental services. Range of patients: Special care/prisons/domiciliary/phobics. She currently runs community services in Suffolk and treats phobics with inhalation sedation. She has been a Foundation Dentist Trainer for 5 years.

An overview of the causes of patient anxiety and look at the ways in which the whole dental team can help to reduce anxiety. An interactive session.

Aim of session:
To have the confidence and skills to treat or refer anxious patients appropriately.

Learning objectives:
- Identify causes of patient anxiety
- Describe techniques to reduce patient anxiety
- Demonstrate effective treatment planning for anxious patients
- Recognise the role of the Dental Nurse and other team members.
Friday 24th April
B2, Education centre, Basildon

2.00pm  Team working in the Dental Surgery

Miss Hannah Woolnough

Today we will be looking at how the Dentist and Dental Nurse work together as a team.

Aim of session:
- This session will cover the roles of the Dental Nurse and Dentist in the surgery and how they fit together
- To highlight the disparity between Nurse and Dentist expectation of each other
- To furnish the team with methods to improve communication and team working

Learning outcome:
- To better understand the roles of the team members
- To know what responsibilities you and the nurse have in the surgery
- To maximise efficiency in the dental team to improve working relationships and patient experiences.
Speakers
Spring Term 2014 - 2015

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Spring Term 2014 – 2015

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