

# Essex Coast

*Foundation Training Scheme  
for  
General Dental Practice*

## **Spring Term**

13th February — 11th March 2016

Education Centre, Basildon Hospital





# Essex Coast Foundation Training Scheme

## Education Centre

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Programme published by  
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# Spring Term

## General Information

### 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.

**Please note: Training days are usually but not always on a Friday**

# Location of Training facilities at Basildon



**The Education Centre** is located at the far end of the hospital grounds. Please park in the multi-storey car park on your right. When you exit at the front/side of car park, turn right, pass the Outpatients Department on your left, pass the Dermatology Unit on your right and we are directly ahead.

**The Simulation Centre** is located on the hospital campus directly behind 'F' Block that is to the right of the Education centre.



**The Cardiothoracic Centre** is located at the rear of the hospital site.

The Education Centre is on level D. When you exit the lift please turn to your right and follow the corridor until you reach the Education suite at the far end.

# Spring Term

## Venues and Subjects

### SPRING TERM

Friday 13th February

**Rules & Regulations/Dental Photography**

*B4, Education centre, Basildon*

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Friday 20th February

**Minor Oral Surgery**

*Simulation Suite, Basildon*

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Friday 4th March

**Endodontics II/Oral Medicine**

*B3, Education centre, Basildon*

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**SPRING TERM**

**LOCAL APPOINTMENT EVENT AT  
BASILDON HOSPITAL ON THURSDAY 17TH MARCH 2016**

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**Friday 11th March**

**Prosthetics**

Simulation Suite, Basildon

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# Friday 12th February

A4, Education centre, Basildon

CPD = 5 hrs

9.30am

## NHS 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.

### *Aim of session:*

- *Overview of what is expected from NHS Dentists in England.*
- *Mandatory services under the nGDS.*
- *What is available under the NHS.*



### *Learning outcome:*

- *Introduce and understand the nGDS system.*
- *To understand the UDA banding of treatment.*
- *To learn about what is and what is not offered within the NHS.*



2.00pm

### Dental Photography



This 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 desired for the end of year DFT Case Presentations.

#### *Aims of session:*

- *The uses of digital photography within dentistry.*
- *What equipment we require for dental photography.*
- *What views to take and how to take them.*

#### *Learning outcome:*

- *To understand and appreciate the uses of clinical photography within dentistry.*
- *To become familiar with the functions of a digital SLR Camera for dental photography.*
- *Learn about the equipment we require for dental photography and how to use it.*

Please bring with you:

Any digital SLR Camera  
that you may have

# Friday 19th February

Simulation suite, Basildon

CPD = 5 hrs

## 9.30am Minor Oral Surgery in General Practice

Mr David Madan  
Consultant Oral Surgeon



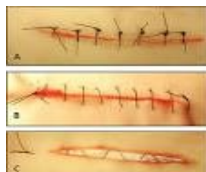
The removal of certain wisdom teeth, buried roots, hemisection and certain aspects of soft tissue surgery are all part of general practice needing no referral. Recognising what you are capable of carrying out, and being confident, are a matter of experience and training.



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.*

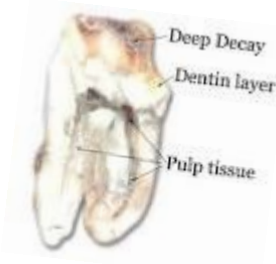


## 9.30am Endodontics II

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, pulpitis, 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 wish 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 origin and plan basic treatments. Additionally they should be able to identify features which complicate treatment and identify where treatment lies beyond their current ability



# Friday 6th March

B3, Education centre, Basildon

## 2.00pm Oral Medicine and Oral Cancer Updates

*Mr Mark Singh*



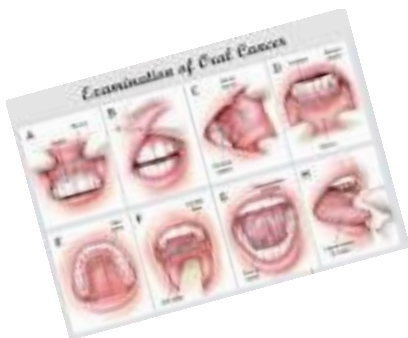
Mark qualified in 1998 at The Royal London Hospital with his BDS and worked in Grays, Essex as a VT. He then worked between Basildon and Southend Hospitals as a SHO and completed his MFDS before going on to study Medicine. He returned to Essex to complete his surgical training before his registrar training 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:*

- *Differentiate between benign and malignant conditions in the head and neck*
- *Recognise suspicious lesions*
- *List other conditions commonly mistake for cancer*



### *Learning outcome:*

- *Refer lesions with confidence and appropriateness*
- *Recognise a suspicious lesion on the head and neck*
- *Define malignancy and understand its pathogenesis*



### 9.30am      **Prosthetics**

*Mr Saifudin Najefi*



Saif Najefi is a trainer on the Essex Coast Scheme. He is also an MJDF Examiner, ORE Examiner, and has been appointed for the forthcoming LDSRCS(Eng) Examinations. He was a part-time Clinical Tutor at Southend Outreach, under the auspices of Barts and The London Dental School until recently. He is the present Director of N.W. Thames division of FGDP (UK) and the Past-President of the Anglo-Asian Odontological Group. He is a Clinical Educator and a part-time lecturer for the University of Essex (Hygienists). He is a dentist with special interests in Orthodontics and Implants.



#### *Aims of session:*

- *Partial dental design/cobalt/chrome*
- *Impression taking exercise—problems with taking impressions and how to avoid them*
- *Hints and tips and problem solving/risk assessment*



#### *Learning outcome:*

- *To become more confident in diagnosing and treating denture related problems.*
- *To learn how to diagnose and treat common problems with complete dentures.*
- *Implant supported dentures*



# Speakers

Spring Term 2015 - 2016

## Mr Mohammed Chohan

Cobbins Brook Dental Practice  
28 Honey Lane  
Waltham Abbey  
Essex EN9 3BY  
☎ 01992 711199



Mohammed Chohan

## Mr Jinesh Vaghela

Cobbins Brook Dental Practice  
28 Honey Lane  
Waltham Abbey  
Essex EN9 3BY  
☎ 01992 711199



Jinesh Vaghela

## Mr David Madan

81 Rayleigh Road  
Hutton  
Brentwood  
Essex CM13 1AP



David Madan

# Speakers

Spring Term 2015 – 2016

Martin Lazenby



## Mr Martin Lazenby

17 Clarence Road  
Southend-on-Sea  
Essex SSI 1AN

Mark Singh



## Mr Mark Singh

Oral & Maxillofacial Consultant  
Department of Oral & Maxillofacial Surgery  
Gloucester Royal Hospital  
Great Western Road  
Gloucester GL1 3NN

Saifudin Najefi



## Mr Saifudin Najefi

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