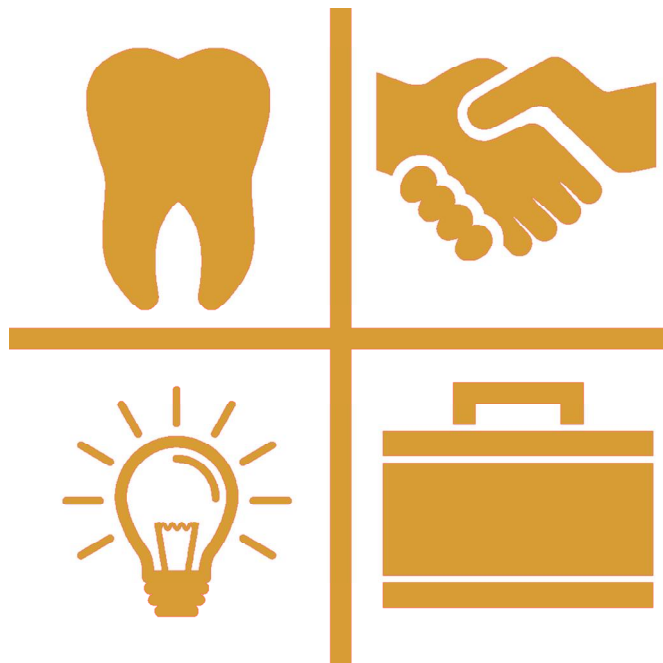


Essex Coast Dental Foundation Training Scheme

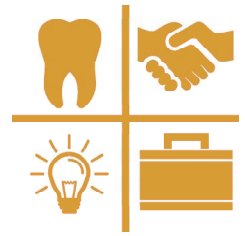
Spring Programme 2016 - 2017

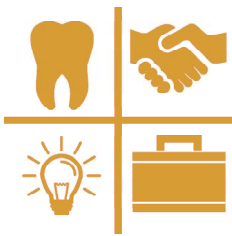


Developing people
for health and
healthcare

www.hee.nhs.uk

Education Centre, Basildon Hospital





Essex Coast Dental Foundation Training Scheme

Education Centre

Basildon Hospital, Nethermayne,
Basildon. SS16 5NL

☎ 01268 524900 Ext 3915

Director of Postgraduate Dentistry	Mr. Alex Baxter BDS MMedSci FDSRCPS (Glasg), FDS (Rst Dent), RCPS
Postgraduate Dental Tutor	Mr. Mansoor Qureshi BDS (U Lond) DGDP(UK)
Postgraduate Centre Manager	Mrs. Janet Ferriter
Regional Advisor Dental Foundation Training	Dr. Peter Cranfield PhD, BDS, DIC, DGDP(UK) PgCert
Regional Dental Education Facilitator	Ms. Liz Hope
Regional Dental Administrator	TBC
Training Programme Director Essex Coast Scheme	Miss Hannah Woolnough BDS (Hons) Wales PgCDE Parkview Dental Centre, 49 Fonnereau Road, Ipswich, Suffolk. IP1 3JN ☎ Mobile: 07876 224137 💻 hannah.woolnough@nhs.net

Programme published by
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Spring Term

Venues and Subjects



Friday 10th February

BDA Careers Day



London

Thursday 16th February

Rules and Regulations

Photography



A3, Education Centre, Basildon

Friday 17th February

Composites



Rooms 1 and 4, Simulation Suite, Basildon

Monday 6th March

Prosthetics



Rooms 1 and 4, Simulation Suite, Basildon

Friday 17th March

Non-vital Crowns



Rooms 1 and 4, Simulation Suite, Basildon

**Thursday 30th and Friday
31st March**

Residential Course



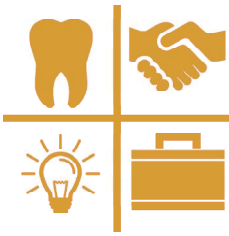
Stoke by Nayland Hotel

Friday 7th April

Audit presentations

Case Based Discussions

B3, Education Centre, Basildon



Spring Term

Venues and Subjects

Important Dates and Deadlines

IRCP	Monday 27th February
Audit Project Completion and Presentation	Friday 7th April
Case Presentation	Friday 10th July

Important Dates for Educational Supervisors

IRCP - Completion of reports by 10th February	Monday 27th February
Audit Project Completion and Presentation Educational Supervisors to be present all day	Friday 7th April
Second 12 Foundation Skills Topics - submission by email	Friday 5th May

Term Dates

Spring term	Friday 10th February - Friday 7th April
Summer Term	Friday 28th April - Friday 7th July
BDA Conference	Thursday 25th May - Saturday 27th May

Friday 10th February

London



All Day Session - 8.45am registration

CPD = 4.5 Hrs



2017
Careers Day
Friday 10 February



Dentistry can be a profession for life but that doesn't mean spending your whole career in one surgery. There are a huge variety of options and choices to be made. Kick start your career with the popular and long-standing Careers Day.

Download the programme for the day at:

<https://www.bda.org/careersday>

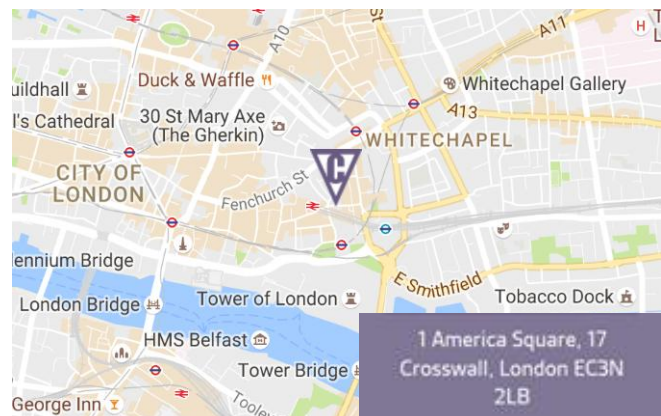
Your dental foundation training year (or vocational training year) equips you with the knowledge you need to start life in independent practice. It doesn't help you navigate the pathways you can take thereafter. That's where we come in.

Our line-up of speakers will tell you how to start down their career path, what's involved, what's great about it and some will tell you where they went wrong.



Harman Chahal

Chair of the BDA's Young Dentists Committee |
Associate Dentist, West Midlands



You will need to upload your CPD certificate onto your portfolio after the event



Thursday 16th February

A3, Education Centre, Basildon

Morning Session

CPD = 2.5 Hrs

9.30am **Rules and Regulations**

Mr. Ali Chohan and Mr. Jin Vaghela
General Dental Practitioners

Rules and regulations of the nGDS contract will be discussed and presented as an interactive session.

Objectives

- Lecturers will define the rules and regulations of the contract
- The course will discuss common difficult scenarios

Learning outcomes

- Describe the rules and regulations of the nGDS contract
- Recognise the challenges faced as an NHS dentist

Afternoon Session

CPD = 2.5 Hrs

2.00pm **Photography**

**Please bring
any digital SLR
camera that
you may have**

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 basics of choosing correct equipment and setting it up, to optimum settings, techniques for consistent imaging and the safe storage of images. 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 desirable for the end of year DFT Case Presentations.

Objectives

- Describe the processes involved for dental photography

Learning outcomes

- Perform Dental Photography

Friday 17th February

Rooms 1 and 4, Simulation Suite, Basildon



All day Session

CPD = 5 Hrs

9.30am **Composites**

Mr. TC Patel and Mr Amit Patel

General Dental Practitioner

TC has 29 years experience in the dental profession and has recently been made a Fellow of the FFGDP. His interests are Smile Design Cosmetic Dentistry, implants and orthodontics. He has also held the post of Senior Clinical Assistant in Orthodontics at Southend General Hospital for 25 years. He is also an ES on the Basildon Scheme.



Amit graduated from the University of Leeds in 2013. He has completed the MJDF examinations. Amit works at Brickfields Dental Care as an associate providing NHS and Private treatments and also hold a part time position as a Speciality Doctor in Oral Surgery.

Predictable composite layering techniques on anterior and posterior teeth. Preparation of teeth and the use of composite. Polishing composites and use of sectional matrix systems to achieve a good proximal contact.

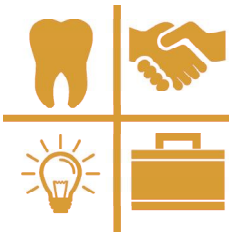


Objectives

- Students should be able to know the uses and limitations of composite materials
- Students should be able to implement appropriate layering techniques to achieve excellent aesthetics in the anterior zone
- Students should know how to create an ideal posterior contact point to reduce food packing and allow cleaning

Learning outcomes

- Uses and limitations of composite materials
- How to layer composites excellent aesthetics in the anterior zone
- Know the technique to create the ideal posterior contact point



Monday 6th March

Rooms 1 and 4, Simulation Suite, Basildon

All day Session

CPD = 5 Hrs

9.30am **Prosthetics—Dentures design and pitfalls**

Mr. Saifudin Najefi
General Dental Practitioner

Mr. Najefi has been a ES for the past 17 years. He has lectured on certain topics including Wear & Tear for more than seven years. He is an examiner for MJDF, ORE and LDSRCS. He is a Clinical Educator at the University of Essex. He is also Director for N.W. Thames division of RCS Eng.



To refresh the memory with regard to denture design. Useful hints and tips. During this session we will also be problem solving. There will also be a hands on—impressions/bite reg.

Objectives

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



Learning outcomes

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

Friday 17th March

Rooms 1 and 4, Simulation Suite, Basildon



All day Session

CPD = 5 Hrs

9.30 Non-vital crowns

Please bring with you:

- 3 teeth (2 of which molars) preferably root filled.
- Condition of the tooth isn't important.
- If the teeth aren't root filled, then create the access cavity and file the canals to 30 but they don't need to be obturated.
- Teeth need to be mounted preferably in a lower tray with putty. The roots need to be dried and coated with universal or silicone (not red alginate) fix.

Mr. Mike Kelly

General Dental Practitioner

Mike is a GDP Training Programme Director (KSS West), and has 35 years' experience and a Masters degree in this area. He has delivered this course at least 50 times.

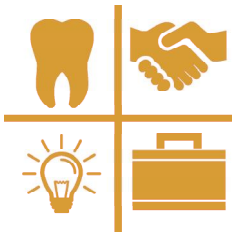
A facilitated interactive hands on workshop. We cover the restoration of root filled teeth using a dismantling approach and a variety of post and non post retained cores.

Objectives

- *Re-evaluation of the theory and evidence behind the indirect restoration of non vital teeth.*
- *Describe 3 possible categories of root filled teeth and the options for restoring each*
- *Carry out the preparation of several teeth for different post and core options*

Learning outcomes

- *The student should be able to assess a root for provision of a post*
- *The student should be able to decide when and when not to use a post*
- *The student should be able to choose the appropriate core material*



Thursday 30th, Friday 31st March

Stoke by Nayland Hotel, near Colchester CO6 4PZ



Keepers Lane, Leavenheath

Colchester, Essex, CO6 4PZ Tel: 01206 262836



Thursday 30th, Friday 31st March

Stoke by Nayland Hotel, near Colchester CO6 4PZ



Two day regional careers conference Essex Coast, Basildon, Ipswich and Norwich Schemes

Timetable:

Date	Format	Timings	Speakers	Topic
30th March	parallel sessions You will be split into 3 groups across the schemes and rotate through the day's sessions.	9.30 am start 10.00 am- 11.45am Session 1 11.45am- Coffee 12.00am-1.45pm Session 2 1.45pm-Lunch 2.30pm - 4.15pm Session 3	Nick Lamb Richard Birkin Lovewell Blake	Registration and Coffee Transition to Performer The future of the NHS and the role of the BDA Post FD Finance
30th March	Evening Meal	7.30 Dinner		
31st March	3 parallel sessions You will be split into 3 groups across the schemes and rotate through the day's sessions	9.00am start 9.30 am—11.15am Session 1 11.15am—Coffee 11.30 am—1.00pm Session 2 1.00pm — Lunch 2.00pm—3.45 pm Session 3	Andrea Ogden Payal Sharma Ganga Allen John Good Hannah Woolnough Rachael Hart	Registration and Coffee Career Associate Owning a Practice Community Dental Services Speciality Training Portfolio Careers Leaving Dental Practice



Thursday 30th, Friday 31st March

Stoke by Nayland Hotel, near Colchester CO6 4PZ

Thursday Sessions

CPD = 5 Hrs

Transition to performer

Mr Nick Lamb

GDP and Dental Practice Advisor

Nick works as a general dental practitioner in Woodbridge and was previously a FD trainer for 3 years in Norwich. He also works for HEEoE and is actively involved in the selection process of FD trainers, and is an assessor for FD equivalence training applications. Nick is a Dental Practice Adviser to the East Anglian Area team of NHS England and is the national secretary of the national Association of Dental Advisers and recently has been appointed as a Panel member for NICE.

Objectives

- How to become a good performer and how to stay ethical
- How to work with UDA's and methods of payment
- Discuss the common pit falls and traps in contracts
- What to look for in a practice. NHS vs Private.

Learning outcomes

- Have knowledge of the rules and procedures involved in the General Dental Services regulations.
- Understand what to look for when looking for a position in a practice

The Future of the NHS and the role of the BDA

Mr Richard Birkin

BDA Head of Advice Liaison and Development

Richard started his career as a GDP in NHS practice before moving to the BDA in 1986. He is also a former expert witness for the GDC covering Record keeping and NHS regulations.

Objectives

- Describe the changes and process of NHS Contract reform to date and plans going forward
- Look at how these changes would effect a young dentist working in the NHS
- Describe the roles of the BDA both for individual advice and support and as a Union.

Learning outcomes

- Understand how national contract and policy changes can affect your everyday practice.
- Know how the BDA can help you individually.
- Have a better knowledge of the National work carried out by the BDA as a union.

Thursday 30th, Friday 31st March

Stoke by Nayland Hotel, near Colchester CO6 4PZ



Thursday Sessions

CPD = 5 Hrs

Post FD Finance

LB

Lovewell Blake's specialist dental team has acted for dentists, dental practices and foundation trainees for more than 20 years. Lovewell Blake has more than 300 dental clients across the UK.

The team is led by Simon De-Lacy Adams, a member of the National Association of Specialist Dental Accountants and Lawyers.

Objectives

- Focus delegates on the financial implications of the difference between self employed and employed status, and the responsibilities these entail.
- Give delegates a working knowledge of the UK tax system and how it will directly affect them. There will also be some recommendations on tax saving ideas

Learning Outcomes

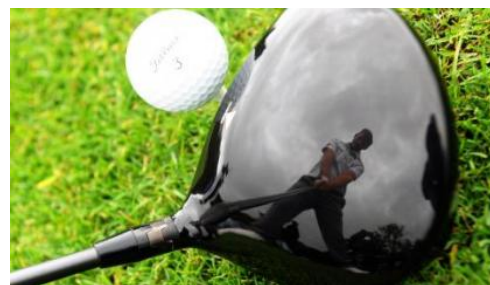
- Be able to describe the tax advantages and disadvantages of being self-employed.
- Recognise the appropriate strategies for reducing their tax burden.
- Be able to summarize the range of pension and investment opportunities available to them.
- Recognise the need for insurance protection.

4.15pm - 7.30pm

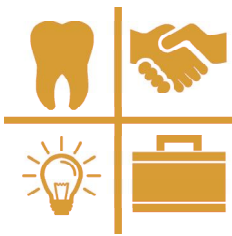
Free time

The hotel has excellent facilities including a golf course and a spa visit the website for more information and contact details:

www.stokebynayland.com/



7.30pm



Thursday 30th, Friday 31st March

Stoke by Nayland Hotel, near Colchester CO6 4PZ

Friday Sessions

CPD = 5 Hrs

Career Associate

Dr Andrea Ogden

General Dental Practitioner and TPD for the Basildon Scheme

Andrea Qualified in 2008 and completed her Vocational Training year on the Basildon Scheme. She has been working and an associate in mixed practice since this time. She became a trainer on the Essex Coast Scheme in 2012 and TPD for the Basildon Scheme in 2015.

Objectives

- Explain the concept of yourself as a sole trader business.
- Demonstrate the importance of, and the process of investing in yourself

Learning Outcomes

- Understand the advantages and disadvantages of an Associate vs a Principle.
- Be aware of methods in which to keep driving your career pathway forward

Owning a Dental Practice

Dr Payal Sharma

General Dental Practitioner

Payal qualified from Bart's and The London in 2008 and did her Vocation Training year on the Basildon Scheme. She became the Principal dentist of Smile Impressions in 2014, and a trainer on the Basildon scheme in 2016.

Objectives

- Discuss the personal and financial implications of becoming a business owner
- Describe the journey of becoming a practice owner

Learning Outcomes

- Understand the rewards vs challenges of being a Principal vs an Associate
- Be aware of the process of buying a practice and how to successfully run it.

Thursday 30th, Friday 31st March

Stoke by Nayland Hotel, near Colchester CO6 4PZ



Friday Sessions

CPD = 5 Hrs

Community Dental Services

Ganga Allen

Specialist in Special Care Dentistry

Ganga is a trainer on the Norwich scheme. She qualified in London in 1991 and completed her VT year during 1992. Since then she has gained a broad experience of dentistry working in general dental practice, the Community Dental Service and the Hospital Dental Service. She completed her MSc.(Lond) in 1995 and has a PGCert in Dental Education. She is a Specialist in Special Care Dentistry and thoroughly enjoys the variety of her working week.

Objectives

- To provide an overview of careers in the Community Dental Service .

Learning Outcomes

- To be able to identify the role of the Community Dental Service .
- To be able to recognise career pathways in the Community Dental Service .

Specialist Pathways

John Good

Specialist Registrar in Orthodontics

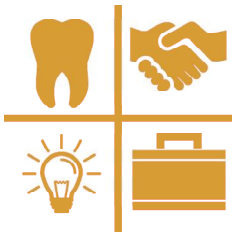
John is currently a Specialty Registrar in Orthodontics in Ipswich and the Royal London University, and is also completing a DCLinDent in Orthodontics at Queen Mary University. He has completed longitudinal dental foundation training and SHO jobs in OMFS and has recently been through the National Recruitment process for entry to specialist training

Objectives

- Provide an overview of Dental Specialty Training in the UK
- Discuss career development and personal development plans to prepare for applications to specialist training
- To give insight into National Recruitment process to Dental Specialty Training

Learning Outcomes

- Recognise the options available to dental postgraduates
- Have insight into the application processes now being implemented across the dental specialties, namely National Recruitment
- Be able to formulate a personal development plan to enable strong applications for Specialty Training



Thursday 30th, Friday 31st March

Stoke by Nayland Hotel, near Colchester CO6 4PZ

Friday Sessions

CPD = 5 Hrs

Portfolio Careers

Hannah Woolnough

General Dental Practitioner and TPD for the Essex Coast Scheme

In addition to working as an associate in General Dental Practice, Hannah works as a TPD for HEE, holds the General Dental Practice Committee post for East Anglia, Chairs the Suffolk PASS Committee, is the Chair and Treasurer for the BDA Ipswich and Suffolk Section, and sits on the LDC Suffolk, LDN Essex, and LDECs for Ipswich, Colchester and Basildon.

Objectives

- Describe the non clinical roles available both paid and voluntary in the field of Dentistry
- Explain the pathways of entry into these roles

Learning Outcomes

- Recognise the potential value of supplementing your clinical career with other roles both financially and non-financially.
- Appreciate the variety of additional roles and how they can fit in alongside your clinical responsibilities.

Leaving Dental Practice

Rachael Hart

Clinical Advisor for Align Technology

Qualified from Leeds in 2009. After Vocational Training, worked in a mixed NHS/ private practice for 5 years. Successfully transitioned into a non clinical role in 2015 after not feeling fulfilled within dentistry and now works for Align Technology as a clinical advisor.

Objectives

- Overview of alternative career pathways linked to clinical dentistry
- Practical tips to successfully execute career change

Learning Outcomes

- Know how to find a suitable. careers advisor and other support networks available
- Understand how to identify transferable skills for a new career pathway
- Be aware of the steps you can take when you are not enjoying dentistry

Friday 7th April

B3, Education Centre, Basildon



Morning Session

CPD = 2.5 Hrs

9.30am **Audit Presentations**



Educational Supervisors

Presentation of your audit using powerpoint to the rest of the group is required this morning. You will also need to submit a written report of the audit—bring 4 hard copies printed out. They will be marked by the Educational Supervisors who will be present for the whole day.

Please make sure that you bring your presentation on a memory stick in a format compatible with windows.

Objectives

- *To discuss your audit with your fellow FDs thereby demonstrating an understanding of the audit.*
- *Further your experience of presenting*

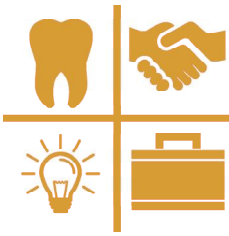
Learning outcomes

- *To understand the value of audit and its importance in clinical governance by observing the wide variety of topics presented*



Education Supervisor meeting 1-2pm - lunch provided.

ESs are expected to attend all day



Friday 7th April

B3, Education Centre, Basildon

Afternoon Session

CPD = 2.5 Hrs

2.00pm **Case Based Discussions**

**Please bring 3 cases with you:
anonymised clinical notes together with charting, radiographs, photographs and models (where available)**



Educational Supervisors

This afternoon you will present 3 cases to the Educational Supervisors in small groups. They will be marked as Case Based Discussions and you can upload one of these onto your portfolio as an assessment.

You will also have the opportunity to see (and mark!) cases presented by the ESs which can be very interesting and valuable.

Objectives

- *To discuss your cases with fellow FDs and ESs and critically appraise your clinical and treatment planning*
- *To view the work of others and explore treatment planning for various scenarios*

Learning outcomes

- *To appreciate the complexities of treatment planning and care delivery as carried out by individuals of differing experience and qualification.*

Education Supervisors please bring one or two of your own cases of interest to discuss.

PML Evidence

Sessional Content for e-Portfolio



	BDA Careers	Rules and Regulations	Photography	Composites	Prosthetics	Non Vital Crowns	Residential Day 1	Residential Day 2
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								✓

Speakers

Autumn Term 2016 - 2017



Mr Mohammed Chohan

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



Mr Jinesh Vighela

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



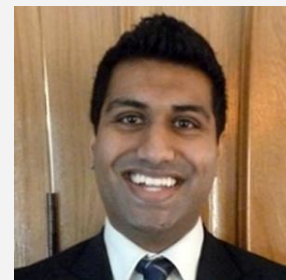
Dr Tushar Patel

Brickfields Dental Care
10 Brickfields Road
South Woodham Ferrers
Essex CM3 5XB
☎ 0844 576 9911



Mr Amit Patel

Brickfields Dental Care
10 Brickfields Road
South Woodham Ferrers
Essex CM3 5XB
☎ 0844 576 9911



Mr Mike Kelly

Southview Dental Care
Station Road
Edenbridge
Kent TN8 5NB





Speakers

Autumn Term 2016 - 2017



Mr Saifudin Najefi

Homesteads Dental Care Centre
273 Southend Road
Stanford-le-Hope
Essex SS17 8HD
☎ 01375 675710



Mr Nick Lamb

Island House Dental Surgery
2 Station Road
Woodbridge
Surrey
IP12 4AU
☎ 01394 388008



Mr Richard Birkin

British Dental Association
64 Wimpole Street
London
W1M 8AL
☎ 020 7935 0875



Mr Richard Keeler

Lovewell Blake
Chartered Accountants
Sixty Six, North Quay
Great Yarmouth
NR30 1HE
☎ 01493 335100



Dr Payal Sharma

Smile Impressions
279 Rectory Road
Grays
Essex RM17 5SW
☎ 01375 373409

Speakers

Spring Term 2016 - 2017



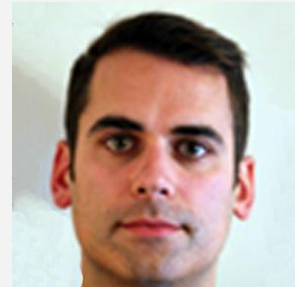
Dr Ganga Allen

Blomfield House Dental Practice
Looms Lane
Bury St Edmunds
Suffolk IP33 1HE
☎ 01284 775245



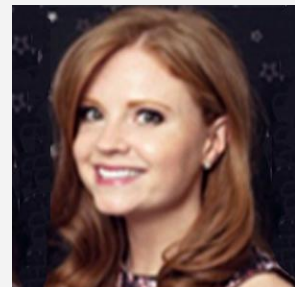
Mr John Good

Ipswich & The Royal London University
Specialty Registrar
in Orthodontics



Miss Rachael Hart

Blomfield House Dental Practice
Looms Lane
Bury St Edmunds
Suffoil IP33 1HE
☎ 01284 775245





Calendar 2016 -2017

2017

Spring Term

Friday 10th February **First Day of Spring Term**

BDA Careers Day

Thursday 30th and Friday 31st March

Residential Course for Trainees at Stoke by Nayland, Colchester. Educational Supervisors to be present from 10am on Friday 31st March

Thursday 23rd March

Local Appointment Event

Friday 7th April **Last Day of Spring Term**

Audit Presentations/Case Based Discussions

ES to attend all day from 9.30am

Summer Term

4th January - 3rd February

Practice Mid Year Visits - dates and time to be arranged.

Friday 28th April **First Day of Summer Term**

Paediatric Dentistry/Practice Finance

Thursday 25th to Saturday 27th May

British Dental Association Conference, Manchester

Friday 7th July **Last Day of Summer Term**

Case Presentation Day. ESs present all day from 9.00am.