Peterborough

Foundation Training Scheme for General Dental Practice

Spring Term
23rd January — 27th March 2015

Learning Centre, Peterborough City Hospital
Medical and Dental Education

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Department 401, Edith Cavell Campus,  
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Programme published by  
The Learning Centre, Peterborough City Hospital  
(01733 678105)
Spring Term

Venues and Subjects

Friday 2nd January to Friday 16th January

Mid—Year Practice Visits

Friday 23rd January

Hands-on Endodontics Day 2

Clinical Skills Laboratory, Learning Centre, Peterborough City Hospital

Friday 30th January

Hands-On Oral Surgery

Clinical Skills Laboratory, Norfolk & Norwich Hospitals NHS Foundation Trust

Friday 6th February

NO MEETING—Work in practice

Friday 13th February

NO MEETING—Work in practice

Wednesday 18th February

Paediatric Dentistry (2pm start)
Careers Advice—Salaried Services
FD career pathway
You’re Hired, finding and getting the right job for you (8pm finish)

Denis Bracey Room, Learning Centre, Peterborough City Hospital

Friday 20th February

NO MEETING—Work in practice

Friday 27th February

Hands-on Restorative Dentistry

Clinical Skills Lab, Learning Centre, Peterborough City Hospital
Spring Term
Venues and Subjects

Friday 6th March

Careers Advice Options—After FD
Problem Solving & Project Support
How do you treat a patient who has a severe gag reflex?

_Denis Bracey Room, Learning Centre, Peterborough City Hospital_

Friday 13th March

Periodontal Problems
_Clinical Skills Laboratory, Learning Centre, Peterborough City Hospital_
GSK Presentation
_Room 6, Learning Centre, Peterborough City Hospital_
Prosthetic Considerations
_Clinical Skills Laboratory, Learning Centre, Peterborough City Hospital_

Week commencing 16th March

Practice Exchanges
_Peterborough Scheme Training Practices_

Friday 27th March

Practice Management & Clinical Governance
Your Key Skills Project & Audit Project Presentation Day
_Denis Bracey Room, Learning Centre, Peterborough City Hospital_
This second course is designed to build on the first and introduce more advanced practical techniques and rotary nickel titanium instruments of varying taper. Electronic apex location, heated GP obturation, retreatments, instrument retrieval and problem solving are concentrated on.

Learning Outcomes
This session will help you develop the clinical skills required to perform non-surgical root canal treatment as well as understand when referral is the appropriate option.

THINGS TO BRING
1. Extracted teeth with access cavities cut (minimum of 3 or 4)
2. Endo kit as per Day 1
3. Extracted endo failures
4. Probes
5. Tweezers
6. Diamond burs
Friday 30th January
Clinical Skills Laboratory, Norfolk and Norwich University Hospitals NHS Foundation Trust

The Education Centre is located in the East Atrium, Level 1 at the Norfolk and Norwich University Hospital. The Hospital is served by local buses and a Park and Ride facility. By road enter the hospital complex via the B1108.

Car parking is available at the hospital. The nearest parking area to the Education Centre is car park M outside the in-patients East & Centre Block. Please allow plenty of time to arrive at this study day promptly.
Friday 30th January
Clinical Skills Laboratory, Norfolk and Norwich University Hospitals NHS Foundation Trust

09.30  Oral Surgery in Practice
       Mr J Hare
       Specialist in Surgical Dentistry

   Both sessions today will cover the topic of Oral Surgery in General Dental Practice.
   Topics to be covered include: Case selection, planning and treatment techniques.

12.45 Lunch

14.00 Oral Surgery in Practice—continued

15.15 Tea

15.30 How to Refer

   The importance of good referral letters will be discussed during the session.

Learning Outcomes
This session will help you improve your oral surgery knowledge and skills.
Friday 6th February

No Day Release Course

As there is no Day Release Course this week why not try to arrange for yourself a different form of educational experience. Nearly every day there is a dental course being held which you could attend. Some of these courses will cost you money, but there are many courses which are free. Who organises these courses and where are they held? Well, your local Postgraduate Centre will publish a list of dental courses that are being held in your locality. These will be funded by the Deanery under the ‘Section 63’ rules, and you will be very welcome at any of these. Most are free, but some incur a charge for catering or for materials. The Deanery Journal also has a list of all of the courses being held throughout the region. Each Deanery publishes its own list, and you will be surprised by the breadth of courses available.

Alternatively, why not see whether the local BDA section is having a meeting. These meetings are free for BDA members, but guests are often welcome. Your Trainer may have details of these meetings, or alternatively, why not make contact with your local BDA Secretary. You may also find out about some of the Young Practitioner groups which are forming around the country.

Perhaps your Trainer will be going to a meeting and will be pleased for you to go as a guest. Alternatively, why not contact some of the other members of the group and make it a social event as well?

Don’t forget to record these meetings in your Portfolio.
Practice Exchanges

Learning Outcomes
Find out how the practice you visit works differently from yours, and report the differences.

Learn by observing a colleague (FD and their trainer) treat their patients. This may be a new technique, style of patient management, communication skill etc.

FDs
As soon as possible, all FDs should talk to each other and form groups of three (3 groups) or four (one group) FDs. In turn each FD with their trainer will be the host to the invited FDs to their training Practice at a convenient time of day and date to all concerned. Trainers are required to be visitors and carry out an ADEPT for the FD at the host practice.

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You will be required to report on the visit you have carried out. Instructions on producing this report will be provided separately to this programme.

All Visits to be completed by 27th March 2015

Reports to be submitted by Friday 10th April 2015

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Wednesday 18th February
Denis Bracey Room, Learning Centre, Peterborough City Hospital

14:00  
**Paediatric Dentistry**

**Learning Outcomes**

Be able to formulate a treatment plan for paediatric patients
Be able to critically appraise treatment options for paediatric patients

Maria Ross-Russell and Julia Hallam Seagrave  
Trainers

The session will be an interactive exploration of issues regarding paediatric treatment planning.

16:00  
**Careers Advice—Salaried Services**

**Learning Outcomes**

To know about the career options within the Salaried Services.

Maria Ross-Russell and Julia Hallam Seagrave  
Trainers

This part of the afternoon will be devoted to help FDs understand the career possibilities within the Salaried Services.

17:00  
**What’s next?**

**Learning Outcomes**

Appreciate the commitment needed in working as a Core Trainee, and learn the benefits of this experience.

Nabiah Farooqi  
SHO—Oral Surgery, Peterborough City Hospital

Life as a Core Trainee working at Peterborough City Hospital.

Total CPD = 6 Hrs
18:00—20:00  **You’re Hired, finding and getting the right job for you**

**Mr. Jason Stokes**
GDP, Dental Foundation Training Programme Director & Dental Tutor

This joint FD/Section 63 meeting aims to help delegates to get a foot onto the increasingly slippery job ladder. It will help delegates identify the “right” position – and give them insight into the kind of candidate the employer might be searching for.

This session will:
- provide an overview of the current dental job market.
- Examine the changes to the dental job market
- Explore the strengths & Weaknesses that each candidate may possess
- Assess the strength of job offers & the language used to describe them
- Demonstrate strategies to efficiently market yourself
- Explore the attributes of an effective team member challenges

**Learning Outcomes**

On completion of this evening session you will be able to:

1. Understand the changes to the dental market
2. Consider your own strengths & weaknesses effectively
3. Accurately assess the quality of a job offer
4. Locate job offers before they are advertised conventionally
5. Apply for the offered roles as effectively as possible
6. Understand the attributes that a good long term team member should possess
Friday 20th February

No Day Release Course

Case Presentations—Helpful Hints

1. **Present the patient’s details before you describe the clinical situation.** You must anonymise the patient; make sure that the patient’s name does not appear on radiographs, study models, letters etc. It is quite alright to refer to Mr. ‘X’.

2. **Detail the circumstances of your treating the patient:** i.e. is the patient a regular attender at the practice? Is it the first time you have seen the patient.

3. **Set out the reasons why the patient has come for help, or what the problem the patient perceives they have.** Describe your understanding of the problem, and perhaps the first impressions gained from questioning.

4. **Set out the findings for your examination.** Provide sufficient detail for the presentation, but do not give unnecessary information. At this point use of charts, radiographs and pictures can be a great help. Those to whom you are presenting the case need all the relevant information so that they can make a reasoned assessment themselves. But they do not wish to be bored by reference to superfluous matters. However, it may be necessary to have ‘extra’ information with you to provide answers to questioning.

5. **Present radiographs in a clear manner.** Make sure that radiographs are identified, and mounted if possible. There is nothing worse than struggling with little brown envelopes in front of a group of listeners. Pre and post operative radiographs can help your presentation to have its full effect.

6. **Make sure that you have relevant clinical photographs.** A picture is worth a thousand words. An important part of any case presentation is showing the treatment that you have provided. Make sure that the pictures you have taken do fully illustrate the points that you wish to display. Display of ‘similar pose’ pre and post treatment photographs can be very helpful.

7. **Have study models available if at all possible.** Often it will aid your presentation if the models are articulated in some fashion. There are several makes of semi-disposable articulating aids available. Again pre and post treatment models may help in showing your case at its best.

8. **Set out your treatment plan in a clear and logical manner.** It is a good idea to number or order the different stages in a set-wise fashion. If there are several options open in your case these can be presented as branches or alternative plans. Even if it is solely an oral presentation still write out your treatment plan or your problem beforehand: it can be very difficult to remember all the details when presenting the case.

9. **Describe fully the treatment that you have undertaken.** Make sure you have carefully documented information on what you have done. It is easy to forget these things, so a table of each of the treatment steps is always useful. If some stages have not happened according to plan, then describe this and suggest reasons for the difficulties. Also make sure that any variations from the treatment plan are described, and the reasons for the variations.

10. **Summarise the final results of the case.** The reactions of the patient to the treatment are very important. Have you actually achieved the expectations and wishes of the patient, or have you just reached your expectations? These may not be the same. If there are areas of dissatisfaction it is worth discussing these, and also the steps which are to be taken to overcome them.

11. **Comments on the outcome.** How would you have carried out this case with the benefit of hindsight? What points have you learned from the case? How will you follow up the patient and what do you believe the future maintenance needs will be?

12. **Take care with your method of presenting the information.** You are presenting information to people who have no previous knowledge of the patient. Good communication techniques are needed to impart the information rapidly, accurately and interestingly. Thus you will need to use visual aids of some description. You may have access to a computer, and this can be a great help. But, if you do not, it is still easy to photocopy hand-written pages and charts onto acetate sheets for an overhead slide: but, can other people read your handwriting?

13. **Listen to what others say and ask.** Most case presentations will generate a lot of questions and differing opinions. Be prepared for questions which may seem to have ‘missed the point’. Perhaps your treatment plan may be at total variance with one which someone with differing experience or knowledge would produce. It is easy to feel that others are criticising your treatment when they are merely trying to test differing ideas and their own knowledge.

14. **Don’t be afraid to ask for comments form others in the group. It is an excellent way of learning.** It may be helpful to ask questions yourself of others in the group. Remember, usually there is no single definitive treatment plan that is correct, many different treatment options may be equally correct. You may find it helpful to write down comments from others in the group.
Friday 27th February
Clinical Skills Laboratory, Peterborough City Hospital

09.30—16:30 Hands-on Restorative Dentistry

Khalid Malik
Consultant Restorative Dentistry

Today’s hands-on session will cover the following areas:

- reviewing the appropriate indications for full veneer crowns
- understanding the effects of crown preparation of vital teeth
- Understanding the principles of resistance and retention of indirect restorations
- demonstrating and practice the preparation of teeth to receive full coverage crowns
- reviewing the requirements for and purpose of provisional crowns
- demonstrating and practice techniques for making reliable provisional crowns
  - understanding how to assess the quality of full veneer crown preparations

13:00—14:00 Lunch

Learning Outcomes
You will be able to evaluate and prepare teeth requiring advanced restorative treatments.

By the end of the session delegates should have a better understanding of the fundamentals of restorative dentistry.

You will know more about how to restore teeth to form, function and appearance using appropriate indirect restorations.
Friday 6th March
Denis Bracey Room, Peterborough City Hospital

09:30 – 12:30  Career Options Life After FD

Learning Outcomes
FDs will:
- Have a clear understanding of what career options are available.
- Know what to look for in a general practice
- Be in a better position to think about the future whatever path you choose to take.

Nicholas Lamb
GDP and Dental Advisor

This session will discuss the various options that are available after your FD year.
Specific focus will be placed on a career in General Dental Practice and what to look for in an NHS or Private practice.

13:30 – 15:00  Problem Solving & Project Support

Learning Outcomes
Ability to resolve any problems encountered in practice.

Uday Patel
TPD

Time will be spent in helping you with problems from practice. Also you will receive help and guidance in relation to your project work to be submitted at the end of this term.

15:15 – 16:15  How do you treat a patient who Has a severe gag reflex?

Learning Outcomes
This session will give you methods by which you might be able to use to treat patients with a severe gag reflex.

David Wilkinson
GDP/Foundation Trainer

This experience can be challenging for both the patient and the dentist. Dental acupuncture has a role to play in the treatment of such patients. Today you will learn a technique to help prevent patient gagging.

CPD = 6 Hrs
**Periodontal Problems**

*Denver Fester*
GDP Trainer

Periodontal problems are commonly seen in General Practice and to be able to diagnose and treat effectively is important for patients overall oral health. This session will look at how periodontal therapy fits into the overall care for our patients.

**Learning Outcomes**
You will be able to diagnose periodontal conditions and integrate the findings into the patient's comprehensive treatment plan.
You will understand how the periodontal status of the patient will impact on his or her treatment plan.

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**Prosthetic Considerations**

*Mr. Kevin Chau*
General Dental Practitioner & Lecturer at GKT

Prosthetic work in general practice can prove very difficult for some people. The range of denture problems that may be encountered is enormous, and much patience and skill is demanded. There is no doubt that experience does help enormously, but nevertheless, there are many techniques that can be used in practice that are rarely discussed within Dental School. Rebuilding and refurbishing of existing dentures is sometimes the only way forward for some patients, yet the techniques to do this need to be learned. Likewise, good communication with the dental Technician is an essential part of the process.
Week commencing 16th March

Two Sessions

Practice Exchanges

Learning Outcomes
Find out how the practice you visit works differently from yours, and report the differences.

Learn by observing a colleague (FD and their trainer) treat their patients. This may be a new technique, style of patient management, communication skill etc.

FDs

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CPD = 3 Hrs
Friday 27th March
Denis Bracey Room, Peterborough City Hospital

09:00  Practice Management & Clinical Governance

All FDs & selected Trainers

Learning Outcomes
You will be able to demonstrate an understanding in aspects of personal organisation and areas of practice management.

13:30  Joint Session—Your Key Skills Project & Audit Project Presentation Day

All FDs & VT Trainers

Learning Outcomes
Reflect and learn from your own colleagues and project work (foundation skills and clinical audit) by way of constructive feedback.

CPD = 6 Hrs

Participants will be expected to present on a selected aspect of Practice Management or a Clinical Governance topic. There will be preparation to do and details will be forwarded separately.

FDs will be required to present their clinical audit and all 5 key skills to their peers and trainers.
**Speakers**

Spring Term 2014–2015

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**Dave Shuster**
Island House, 2 Station Road
Woodbridge, Suffolk
(01394) 388008

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**John Hare**
85 Guildhall Street, Bury St Edmunds
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**Julia Hallam-Seagrave**
Peterborough Dental Access Centre
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**Maria Ross-Russell**
CCS NHS Trust Dental Service
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Speakers
Spring Term 2015–2015

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