

# Essex Coast Dental Foundation Training Scheme

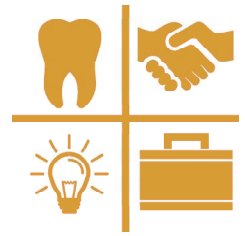
Autumn Term Programme 2019 - 2020

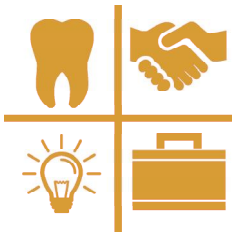


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Education Centre, Basildon Hospital





# Essex Coast Dental Foundation Training Scheme

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# Autumn Term

## Venues and Subjects



**Friday 6th September**

Clinical Refresher



*Dental Practice*

**Friday 13th September**

Welcome & Introductions

E-Portfolio



*Holiday Inn, Festival Leisure Park, Basildon*

**Friday 27th September**

Make to most of DFT

Rules & Regulations/Photography



*Room B2/B3, Education Centre, Basildon*

**Friday 11th October**

Milestone One

**ES MEETING 1-2pm**

ES attend all day



*Room A3/A4, Education centre, Basildon*

**Thursday 31st October**

Endodontic I

*Dental Room, Simulation Suite, Basildon*

**Friday 1st November**

Early Stage Reviews

(ESR) Interviews via Skype



*Individual times will be allocated*

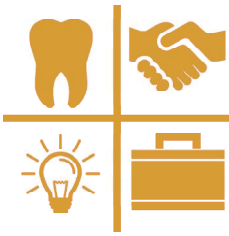
**Friday 8th November**

Paediatric Dentistry

Pain & Anxiety



*Room A3/A4, Education Centre, Basildon*



# Autumn Term

## Venues and Subjects

**Friday 15th November**

Online Study Day



*In Practice*

**Friday 6th December**

Posterior Crowns



*Dental Room, Simulation Suite, Basildon*

**Friday 13th December**

Communication



*Room A3 & A4, Education Centre, Basildon*

# Friday 6th September

## Dental Practice



## All Day Session

### 9.30am **Clinical Refresher**



Starting in practice is exciting and the fruit of many years of study and learning. However, for many of the group it is several months since the opportunity to carry out practical clinical skills was present. This clinical hiatus can lead to a process of ‘de-skilling’ and possibly to a loss of confidence. Today we have the chance to work in a Clinical Skills room and to revisit many straightforward clinical techniques and processes and to refresh the skills we have learned whilst at dental school. We shall be able to compare our work with our peers, and to have the guidance from some of the Scheme’s Educational Supervisors.

#### Learning outcomes

- *A renewed sense of confidence in clinical skills and abilities.*
- *A better knowledge of clinical restorative techniques for use in general dental practice within the NHS.*
- *A chance to assess individual clinical skills with those of one’s peers.*



# Friday 13th September

Holiday Inn, Festival Leisure Park, Basildon SS14 3DG

## Morning & Afternoon Session

CPD = 5 hrs

### 9.30am Welcome and Introductions



#### Dr Andrea Ogden

Training Programme Director

*What is 'Foundation Training by Assessment?' All will be revealed! A chance for introductions to your peers and the Essex Coast Educational Team. Establishing an outline as to what is expected of you and what you should expect from the Day Release Course (DRC). Giving you clear guidance as to how to make the most of the unique opportunity that is Foundation training.*

#### Objectives

- *To recognize that there is a change necessary to move from undergraduate to professional person.*

#### Learning outcomes

- *Have a clear understanding of what is expected of yourself throughout the year*
- *Have a clear understanding of how the Day Release Course is tailored to meet your requirements*

### 2.00pm The E-Portfolio

**Please bring in your laptops to enable you to access e-Portfolio**

#### Dr Andrea Ogden

Training Programme Director

*Your electronic Portfolio will be a key learning tool throughout your Foundation Training. It will also be a valuable document to record your assessments, clinical activity and reflections. Providing an important piece of evidence to mark how you have progressed from a 'safer beginner' into an independent practitioner.*

#### Objectives

- *Understand the Assessments involved throughout the year*
- *Understand each section of E-Portfolio and what it's use is*

#### Learning outcomes

- *Identify the various assessments required and their deadlines*
- *Feel confident in accessing and using the E-Portfolio effectively.*

# Friday 27th September

Room B2/B3, Education centre, Basildon



## Morning Session

CPD = 2.5 hrs

9.30am-  
10.30am

### Make the most of DFT

**Dr Sagar Patel and  
Dr Chandan Varsani**

1st year Associates

*All Foundation Dentists within the East of England are required to complete various items of project work during their training year, one of which is the foundation skills project. From the start to the end of this training year you will be providing care and treatment to the patients allocated to you. The project is about writing a brief factual account of what you actually do in delivering the dental services to you patients. You are then encouraged to examine your account in the several areas of primary dental care and provide your detailed personal reflection on the matters concerned.*

*Completion of this is an essential part of fulfilling very many of the competencies within the Professional, Management and Leadership Domains that are required for satisfactory completion of Dental Foundation Training. The project includes a checklist to cross reference the areas you cover in your work with the competencies from the DFT curriculum. This will be recorded in your E-Portfolio.*

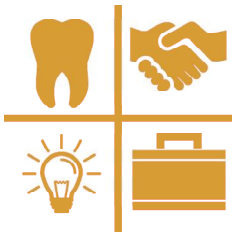
#### Objectives

- *To gain an understanding in the role and what is required for Foundation Skills*

#### Learning outcomes

- *Have a clear understanding of the process of completing Foundation skills and the deadlines*





# Friday 27th September

Room B2/B3, Education centre, Basildon

## Morning & Afternoon Session

CPD = 2.5 hrs

### 10.30am Rules and Regulations

**Mr. Ali Chohan and Mr. Jin Vaghela**  
ES and 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*

### 2.00pm 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 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

#### Aims & Objectives

- *Introduce dental photography*
- *To introduce the equipment required and the camera settings*
- *To practice photography on the camera*

#### Learning outcomes

- *To list the equipment required for dental photography*
- *To recognize which settings to use for which procedure*
- *To be able to perform dental photography*

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

# Friday 11th October

Room A3/A4, Education centre, Basildon



## All Day Session

CPD = 5 Hrs

9.30am **Milestone One**

Educational Supervisors meeting at 1-2pm

One ES per FD is required to attend the whole day

### What are Dental Milestones ? •

Dental Milestones describe an assessment and learning process that occurs throughout the DFT year

- At key stages throughout the year Foundation Dentists are asked to produce clinical case reports / case presentations which increase in complexity
- Clinical Case reports are Peer Reviewed and Peer Assessed as part of the formative nature of DFT,
- Formative assessments are to help participants learn, the information gathered through Milestones will augment and inform the IRCP and RCP processes which ensure Satisfactory Completion of DFT

### APLAN Overview

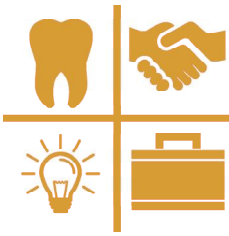
- APLAN (Anonymous Peer Learning & Assessment Network) is an online tool designed to facilitate the anonymous distribution and assessment of Milestone 2 & 3 clinical cases.
- APLAN distributes cases both anonymously and randomly to different DFT study groups within each local office.
- Both Foundation Dentists and Educational Supervisors will provide feedback on at least three clinical cases distributed to them via APLAN. • APLAN will then be used by TPDs to inform the Peer Review process of clinical

### General Guidance for Clinical Case

- Ensure you have written patient consent for the use of photographs taken
- Start identifying clinical cases for MS2 and MS3 ASAP, it is recommended to have a few cases in case of patient non-attendance
- MS1 is a presentation to your own study group only, you will need to prepare a PowerPoint presentation for this day.
- MS2 and MS3 will require the clinical case to be uploaded to APLAN in addition to the PowerPoint presentation
- Familiarise with the criteria being used for the assessment to help with your case write up on APLAN

### Milestone 1

- MS1 is a clinical case that demonstrates treatment planning skills, it can be based around an emergency dental appointment with relevant treatment and long term plans or a treatment plan for a patient with dental disease.
- MS1 should be presented through PowerPoint to the FDs own study group for Peer Review by attending FDs and ESs.
- The study groups TPD will provide formative feedback on this case, highlighting any learning needs demonstrated by the clinical case and presentation.
- MS1 occurs at the time of the Early Stage Review within the portfolio.



# Thursday 31st October

Dental Room, Simulation suite, Basildon

## All Day Session

9.30am

Group Discussions

TPD

10.00am

Endodontics



### Mr. Mahendran Rajeevan

ES & General Dental Practitioner

Raj has completed a Masters degree in Endodontics at Queens Mary University of London, and works across two practices providing an endodontic service as well as being a DFT trainer.

During his MSc, his research project focused on the management of patients with persistent dentoalveolar pain, and is currently working on publishing his research in scientific journals

*To understand the principles of endodontic treatment and to try some of the materials and techniques used in everyday practice i.e revision of manual root canal preparation techniques and introduction to rotary endodontics. Also discuss common pitfalls.*

#### Objectives

- *To understand the biological considerations in preparation*
- *To look at different techniques of preparation*
- *Discuss common pitfalls during endodontic treatment and how to overcome them.*

#### Learning outcomes

- *To understand the principles of an ideal access cavity and how they can influence the outcome of your preparation*
- *To understand the principles of canal preparation*
- *To explore the principles of obturation*

**PLEASE BRING WITH YOU:**  
Instruments, burs and set of endodontic files used in practice, also extracted teeth preferable molars and premolars, some with access cavities already cut. Also endodontic probes (DG16)

# Friday 1st November

Individual times will be allocated for Skype call



## All Day Session

### Early Stage Review (ESR) - one to one interview (FDs and TPD)

#### Early Stage Review of Dental Foundation Training

You will be sent a timetable with your individual time slot

*This process was developed to get early identification of trainees with additional educational needs and or requiring additional pastoral support.*

*At week 6, Educational Supervisors (ES), Foundation Dentists (FDs) and Training Programme Directors (TPDs) are asked to complete a report in the E-Portfolio. These also include sections on areas of notable practice and areas of issues and concerns*

*The ES will provide feedback on your performance in the DOPs completed in the first few weeks and of your progress and identified learning needs so far.*

*At the ESR, we will look at how you are settling into the practice, and review your report and that of your ES, and look at significant events and sick days.*

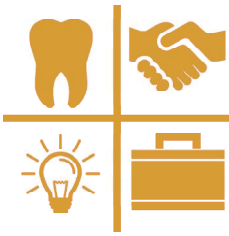
*Please bring with you your work on foundation Skills so far. You can also use this opportunity to give feedback on the programme so far this year.*

*The TPD completes their report independently. Again this reviews the same curriculum domains by reviewing the E-Portfolio and their own observation from study days. They highlight both areas of notable practice and areas of concern.*

*Following your interview, any action plans and outcomes will be shared with your ES.*

**PLEASE HAVE THE FOLLOWING WITH YOU:**

**Your work on Foundation skills so far**



# Friday 8th November

Room A3/A4, Education centre, Basildon

## All Day Session

CPD = 5 hrs

9.30am **Group Discussions**

**Dr Andrea Ogden**

10.00am **Pain and Anxiety**

**Mr Promodh Datta**

ES and General Dental Practitioner



During his forty 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 FD groups.

During the session we will discuss the assessment of difficulties experienced by FD1 and giving them hints on how to overcome some of those complexities.

### *Learning Objectives-*

- To provide an overview of the causes of patient anxiety and look at the ways in which the whole dental team can help to reduce anxiety.*
- Establish the different methodologies for accurate pain diagnosis*
  - Aim to give the confidence and skills to treat or refer anxious patients appropriately.*

### *Learning outcomes*

- Able to identify causes of patient anxiety*
- Able to describe techniques to reduce patient anxiety and demonstrate effective treatment planning for anxious patients.*
- Can recognise the role of the Dental Nurse and other team members.*

# Friday 8th November

Room A3/A4, Education centre, Basildon



## All Day Session

CPD = 5 hrs

**2.00pm Paediatric Dentistry in general practice**

**Mr. Sunny Sareen & Mr. Sanjay Sareen**  
ES and General Dental Practitioners



*Sunny and Sanjay work together as general dental practitioners and are joint DFT trainers at Smile Dental centre. Both have a keen interest in Paediatrics, restorative, endodontics and surgical dentistry. At the practice they see a large number of paediatric patients and would like to share their experiences on this subject.*

*The aim of this session is to discuss common scenarios seen in a primary care setting and to discuss how to treat and manage cases.*

### Objectives

- *To recognize and manage common paediatric conditions seen in general practice*
- *Discuss various preventative and restorative measures in general dental practice*
- *Review guidelines associated with Paediatric dentistry*

### Learning outcomes

- *Identify common paediatric conditions and understand how to manage such conditions*
- *Identify indications for referral in general practice*
- *Understanding the role of general dental practitioner in treating paediatric cases*



## All Day session

CPD = 5 Hrs

### Online Study

***During the year there will be five Study Days for you to undertake online learning in the practice. Here is a table of the online learning that you are required to undertake, with links to the learning portals involved.***

Online Learning item	Platform	Link
Diversity, Equality and Human Rights	eLFH	<a href="http://portal.e-lfh.org.uk/login">http://portal.e-lfh.org.uk/login</a>
Alcohol Identification and Brief Advice	eLFH	<a href="http://portal.e-lfh.org.uk/login">http://portal.e-lfh.org.uk/login</a>
Making every contact count (Module 1, KSS Version)	eLFH	<a href="http://portal.e-lfh.org.uk/login">http://portal.e-lfh.org.uk/login</a>
Health Promotion and Disease	eLFH	<a href="http://portal.e-lfh.org.uk/login">http://portal.e-lfh.org.uk/login</a>
Safeguarding Children and Young People ( 1, 2a & 2b)	eLFH	<a href="http://portal.e-lfh.org.uk/login">http://portal.e-lfh.org.uk/login</a>
Safeguarding Adults (Level 1 abd 2) eLFH Oct 19 1 hr Oral Cancer	eLFH	<a href="http://portal.e-lfh.org.uk/login">http://portal.e-lfh.org.uk/login</a>
Oral Cancer Toolkit	BDA Website	<a href="https://www.doctors.net.uk/eClientopen/CRUK/">https://www.doctors.net.uk/eClientopen/CRUK/</a>
Mental Capacity and Consent	eLFH	<a href="http://portal.e-lfh.org.uk/login">http://portal.e-lfh.org.uk/login</a>
Script 8 Modules	Safeprescriber	<a href="http://www.safeprescriber.org/">www.safeprescriber.org/</a>

***An additional form of online learning will be participation in online peer review sessions. You will be sent email invitations to join these at specific times and dates.***



# Friday 6th December

Dental Room, Simulation suite, Basildon



## All Day Session

CPD=5hrs

9.30am **Group Discussions**

**Dr Andrea Ogden**

10.00am **Posterior Crowns**

**Mr. TC Patel and Mr. A Patel**

General Dental Practitioner

TC has 30 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 holds a part time position as a Speciality Doctor in Oral Surgery.

*A hands-on course designed to give delegates the skills and knowledge to proficiently cut and place highly functional indirect restorations in a predictable, efficient format.*

### Aims & Objectives

- Provide theory on modern day preparations
- Discuss the functional and aesthetic considerations when providing indirect posterior restorations, including material choice
- Supply a clinical protocol applicable to the material choice and design for the posterior dentition

### Learning outcomes

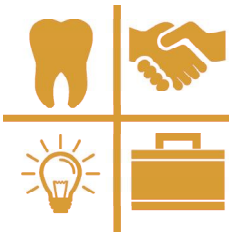
- To relate theoretical aspects of modern day materials to preparation design
- To be able to assess a posterior tooth and define the preparation needed including a detailed protocol on how execute the preparation
- To be able to determine the needs of the preparation design so as to enable highly functional long term restorations



### PLEASE BRING WITH YOU:

**Prep burs from practice,  
impression trays medium large  
and impression materials used  
in surgery**





# Friday 13th December

A3/A4, Education centre, Basildon

## All Day Session

CPD=5hrs

9.30am

### Group Discussions

Dr Andrea Ogden

10.00am

### Communication

#### Dr Andrea Ogden

TPD & General Dental Practitioner

An interactive session covering a variety of difficult situations and outcomes Foundation dentists may face in the coming years and the discussion and practice of some effective communication strategies that can be utilized to overcome them

##### Aims & Objectives

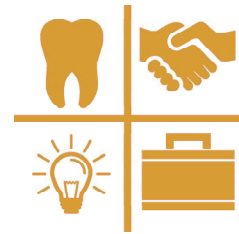
- *Role-Play several common Dentist-Patient scenarios*
- *Practice communication techniques with colleagues*
- *Gain insight into MJDF OSCE mark scheme*

##### Learning outcomes

- *Discuss the common difficulties faces in surgery and become familiar with effective communication methods to overcome them*
- *Describe how to gain and record valid informed consent*
- *Discuss how to avoid patient complaints and be able to explain how to manage them*

# PML Evidence

## Sessional Content for e-Portfolio



	Clinical Refresher	Welcome and Introductions	E-Portfolio	Make the most of DFT	Rules & Regulations	Photography	Milestone One
<b>Professionalism</b>							
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	✓	✓	✓	✓	✓	✓	✓
<b>Professionalism and Management</b>							
Basic Life Support training							
Consent	✓			✓	✓	✓	✓
Equality & Diversity							
GDC Standards		✓	✓		✓	✓	✓
NHS complaints procedure				✓	✓		✓
Referring patients	✓			✓	✓		
<b>Management</b>							
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	✓			✓			
<b>Leadership</b>							
Facilitating learning in others		✓	✓	✓			
Quality management and improvement	✓	✓	✓	✓	✓		✓
Role model	✓	✓		✓			✓
Teamwork	✓	✓		✓	✓		✓



# PML Evidence

## Sessional Content for e-Portfolio

Endodontics	Posterior Crowns	Paediatric Dentistry	Pain and Anxiety	Communication
✓	✓			✓
	✓	✓	✓	✓
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✓		✓		✓

# Speakers

Autumn Term 2019 - 2020



## Mr Mohammed Chohan

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



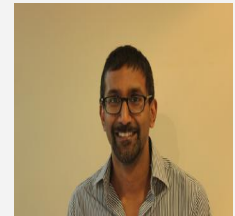
## Mr Jinesh Vaghela

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



## Mr Mahendran Rajeevan

Addison Dental Practice  
Chadwick House  
Hamstel Road  
Harlow  
Essex CM20 1DP  
☎ 01923 231803



## Dr Tushar Patel

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



## Dr Amit Patel

Brickfields Dental Care  
10 Brickfields Road  
South Woodham Ferrers  
Essex CM3 5XB





# Calendar 2019-2020

## 2019

Friday 6th September **First Day of Autumn Term**

Friday 13th September

Friday 11th October

In Practice

Welcome & Introductions/e-PDP

**Milestone One**

**Education centre, Basildon**

**EDUCATIONAL SUPERVISORS**

**MEETING—1-2PM**

**EDUCATIONAL SUPERVISORS**

**ATTEND FULL DAY**

Friday 1st November

Early Stage Review (ESR) Interviews via Skype

Friday 13th December **Last Day of Autumn Term**

## 2020

**4th January - 1st February**

Practice Mid Year Visits—dates and time to be arranged