

A Career in General Dental Practice in the Midlands & East



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What is general dental practice?

- Dentists working in primary care are those who have an agreement with NHS England to provide dental services to members of the general public. The dental services provided can vary depending on their agreement with NHS England.
- You can either be a provider (contract holder) or a performer (a dentist working for a provider).
- Crucially a dentist working in primary care can still have other interests!

Why choose general dental practice?

- Stable, reliable, regular income, esp. for new performers
 - Onto which you can build **other services**
- Freedom to carry out any treatments that you are competent to deliver
- Variety of work
- Flexible working hours
- Limited liability to the CQC
- No worries about equipment repairs
- Self employed status – for now!
- NHS Superannuation Scheme

Other services...

- Cosmetic/aesthetic dentistry
- Orthodontics, Short term orthodontics
- Implants
- Botulinum toxin
- Dermal fillers
- Veneers
- Oral surgery
- Prison dentistry - Contracts are commissioned and can be tendered for through NHS England
- etc. etc. etc.

Challenges

- Paperwork and bureaucracy
- Low UDA rates
- Fall in practice incomes
- Brexit
- Dental contract reform – Prototypes
- Tiered levels of advanced work - Get skilled up

Typical Day

A day in the life...

- Get up at 7am and get to practice for 8.30am
- First patient at 9am
- Great team around me to help and manage the patients
- Mixture of private and NHS patients
- Variety of work, no on-calls or late evenings!
- Lunch at 1.00pm for 45mins and finish at 5.30pm
- Catch up on paperwork and any letters
- Home for 6.30pm
- Gym for stress relief and fitness

Personal Qualities for this career

- **Excellent communication skills**
- **Good interpersonal skills**
- **Leadership**
- **Resilience**
- **Practical skills**
- **Life long learner**
- In line with all specialities, trainees need to be **reliable, self-motivated, punctual, flexible and good team players**

Training Pathway

- 5 year university degree
- 1 year dental foundation training
- Apply to work as a performer
- MJDF
- Further training in an area of interest
- Become a provider (contract holder)

Requirements During Training

- Work place based assessments (supervised learning events)
- E Portfolio
- Life support courses; PLS, APLS
- Audit
- Presentations
- Publications
- Safeguarding courses
- Teaching
- Managerial experience
- Annual review of competence progression (ARCP)

Recruitment

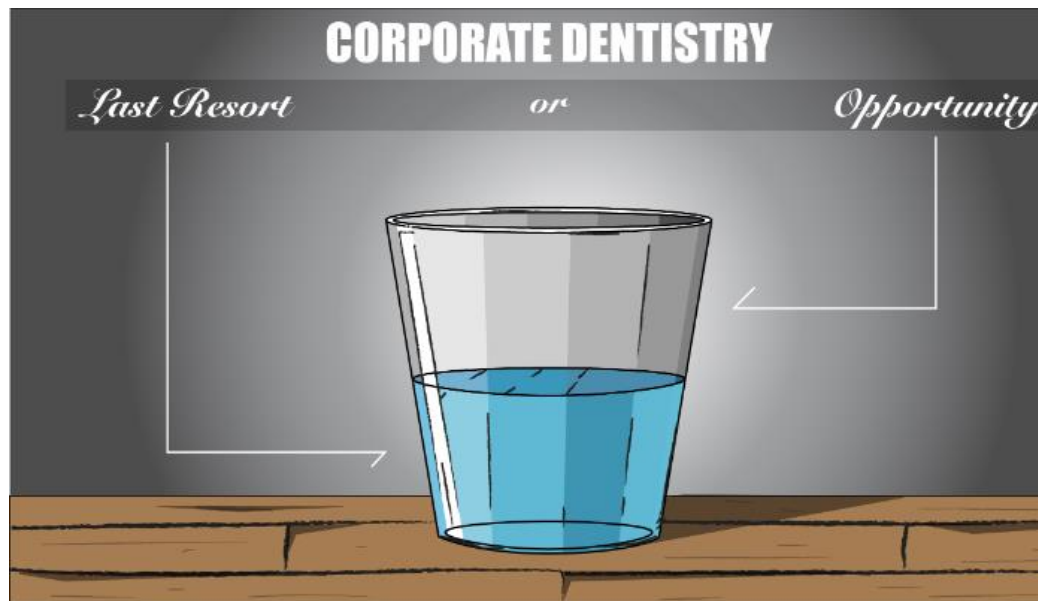
- To work in primary care, most jobs are advertised on various platforms:
 - BDJ
 - Social media
 - Word of mouth
- Jobs are invariably offered after formal interview and assessment with references

Recruitment

- Need performer number to work in primary care
- DBS checks
- Indemnity insurance
- Proof of GDC registration
- CPD requirements are met

Working for corporates

- There are lots of them....vary in size
- Mydentist, BUPA (Oasis), Rodericks, etc. etc.



CORPORATE DENTISTRY
DEVIL OR ANGEL



Working for corporates - Advantages

Advantages and disadvantages are the same as already mentioned...but

- Larger practices
- More options in training
- Career development
- More variety in treatments

Working for corporates - Disadvantages

- Not always working with an experienced dentist or nurse
- Usually the boss will be a practice manager not a dentist
- Less options about materials and equipment

Why train in the M&E?

- Largest regions in the country
- Diverse area resulting in wide range of pathology.
- Mix of smaller DGHs, large teaching hospitals and tertiary units ensures broad training and excellent opportunities.



Demonstrating commitment to primary care

- Good team work
- Interpersonal skills
- Make sure you hit your UDA and performance targets
- Participate in peer review
- Further training – enhance skills
- Good patient care

“Get your dentistry right first, money will ALWAYS follow”

Where to go for more information...

- [NHS health careers](#)
- <https://www.bdjobs.com/>
- Local dental committees