



Hertfordshire and West Essex Dental Foundation Training Scheme

Autumn Term Programme 2025-2026





Hertfordshire and West Essex Dental Foundation Training Scheme

Lister Hospital Postgraduate Centre

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Bedford Postgraduate Medical Centre

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East of England Region

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Associate Postgraduate Dental Dean, Early Years

Jason Stokes

Regional Dental Account Manager

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Postgraduate Centre Manager

Scheme Administrator

Janice Bentham

Training Programme Director (Foundation)

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Hertfordshire and West Essex Dental Foundation Training Scheme

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Hertfordshire and West Essex Dental Foundation Training Scheme

Lister Hospital Postgraduate Centre



Based at the education centre at Lister Hospital in Stevenage, the Hertfordshire and West Essex DFT scheme.

We do use other study day sites and often go to Bedford Hospital for joint study days. Details are below.

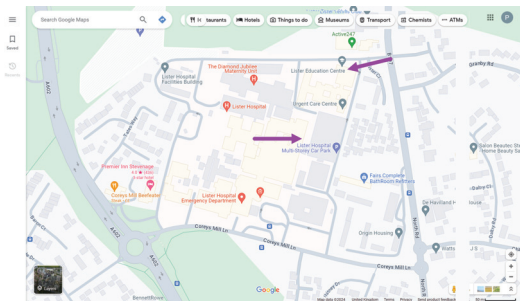
This year is your year. It is about you changing yourself from being an individual, competitive student into a team playing professional: it is about your immersion in the world of general dental practice and learning 'how to work' through extensive wide-ranging clinical experience and often difficult and challenging situations within the NHS. It is about building a bed rock for you to fly into your new practice future.

You will be expected to contribute, debate, challenge and justify your reasoning. You will present to a wide variety of audiences during the year. The study days are your days and the more you participate, the more you will gain.

As your Training Programme Director, I will endeavour to help you, advise you and cajole you, to attain the success you seek and need, to move forward in your next career stages. I have been an SHO in Oral surgery, a GDP for longer than I'd like to say and involved in dental training of nurses and Dentists for some years.

This year is unique and special in your career. Grab it with both hands and make it work for you

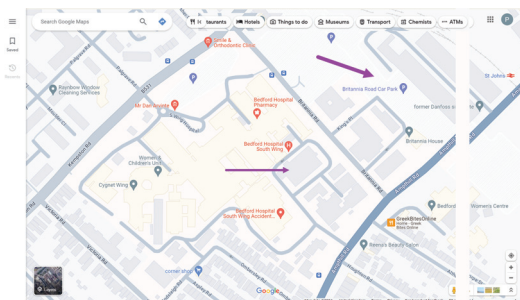
Location and Parking



Lister site: Parking is at the Multi-Story Car park within the Hospital Site. This is marked on the map along with the location of the Postgrad building.

It has pay on exit machines taking cards and apps. It can be busy and has tight spaces and drive ways.

The Bedford Centre is based within the "South Wing" and parking is in the large open air Car park in Britannia rd, opposite the site. Cards and apps used here too.





Autumn Term

Venues and Subjects

Thursday 4th September	Regional Induction - Welcome and Introduction The Role of the Lead Employer in DFT The Role of the GDC Using the Dental ePortfolio	<i>Virtual Remote Learning Platform - Links to be confirmed.</i>
Friday 5th September	Scheme Induction day	<i>Lister PGMC</i>
Thursday 11th September	Initial Skills Assessment	<i>Bedford DAC</i>
Friday 12th September	Radiography: A practical Update NHS Rules & Regs	<i>Bedford PGMC</i>
Friday 19th September	Photography Oral Medicine & Cancer	<i>Bedford PGMC</i>
Friday 26th September	Periodontology in Practice Pain Management and Dental Emergencies	<i>Bedford PGMC</i>
Friday 3rd October	No study day	
Friday 10th October	Self Study and Portfolio /project work	<i>Home/Practice</i>
Friday 17th October	Consent, Records and Complaints	<i>Bedford PGMC</i>
Friday 24th October	Projects & Presentations: preparation and explanation	<i>Lister PGMC</i>

Thursday 30th October	Communication Skills	<i>Kings House Bedford</i>
Thursday 31st October	Early Stage Review Individual meetings	<i>virtual meetings</i>
Thursday 6th November	Health & Safety in Practice	<i>Lister PGMC</i>
Tuesday 18th November	DFT / DCT Joint Oral Cancer Day	<i>TBC</i>
Friday 21st November	Paediatric Dentistry & Ortho	<i>Lister PGMC</i>
Friday 28th November	Oral Surgery Planning for Practice Treatment Planning in Practice	<i>Lister PGMC</i>
Friday 5th December	Milestone 1 Presentations	<i>Lister PGMC</i>
Friday 12th December	Restorative Topics	<i>Bedford PGMC</i>

Important Dates and Deadlines

Term Starts	1st September 2025
Term Starts	1st September 2025
ESR meetings	31st October 2025
MS1 Presentation	5th December 2025
MS2 Sub Opens	9th Jan 2026
MS2 Review	23rd Jan 2026
MS2 Present	6th Feb 2026

IRCP	27th Feb 2026
ES development Day	24th April 2026
Audit	29th May 2026
MS3 Sub	29th May 2026
MS3 Review	12th June 2026
MS3 present	26th June 2026
ES Prep Day	29th June 2026
Final Study Day	10th July 2026
FRCP	24th July 2026
Last day	31st August 2026



Thursday 4th September

Virtual Remote Learning Platform - Links to be confirmed.

Afternoon Session

13.30

Regional Induction - Welcome and Introduction

CPD Hrs = 3

Malcolm Brady --- Jason Stokes

Postgraduate Dental Dean - Associate Postgraduate Dean

This session aims to introduce and orientate delegates to the Dental Foundation Training year.



Objectives

- Describe the dental foundation training year, the induction process, the support services available and the commitment needed to complete the year.
- Explain how to access and navigate the DFT e-portfolio, Intrepid Course Manager and the NHSE WT&E website.
- Discuss the RCP processes involved in the satisfactory completion of DFT.

Learning Content

- Describe the dental foundation training year, the induction process, the support services available and the commitment needed to complete the year.
- Recognise how to access and navigate the DFT e-portfolio, Intrepid Course Manager and the NHSE WT&E website.
- Explain the RCP processes involved in the satisfactory completion of DFT.

GDC Outcomes: A B C D





Thursday 4th September

Virtual Remote Learning Platform - Links to be confirmed.

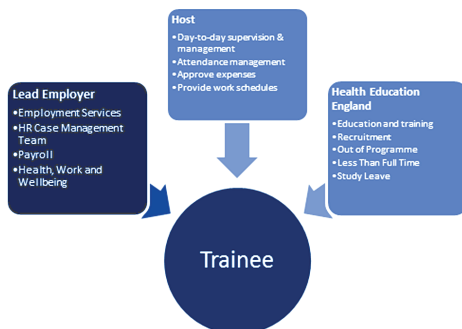
14.00

The Role of the Lead Employer in DFT

Anne Potter and Rebecca Jones

Lead Employer, St Helens and Knowsley Trust

The Lead Employer in Dental Foundation Training covers many roles and functions. This presentation will provide information and guidance for everyone



14.20

The Role of the GDC

Anika Daclan

Engagement Officer · General Dental Council

The General Dental Council re an independent organisation which regulates dentists and dental care professionals in the UK. They set dental standards, hold a register of qualified dental professionals, quality assure education and investigate concerns about treatment or conduct.



Objectives

- To learn about the role and structure of the GDC.
- To learn about how the GDC regulates the profession
- To learn about professional and ethical responsibilities of registrants

Learning Content

- FD's responsibilities as Dental Professionals
- How the GDC functions.
- What sanctions can be applied to registrants in breach of their professional standards

GDC Outcomes: A B C D

15.20

Break



Thursday 4th September

Virtual Remote Learning Platform - Links to be confirmed.

Afternoon Session

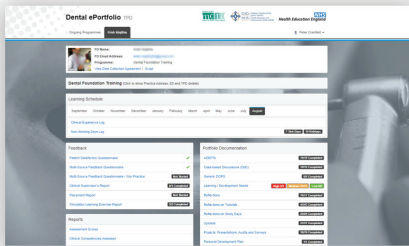
15.35

Using the Dental ePortfolio

CPD Hrs = 6

Peter Cranfield

Associate Dean, Trainign Programme Director



The Dental ePortfolio is an online record of your progress and development throughout the Foundation Training year. Not only does it contain your reflective comments on your experiences and learning, but it also records all your achievements and their assessments. It provides tools for gaining feedback from the dental team around you, and also from your patients. It also logs your clinical work and growth. Timely completion of the ePortfolio is essential and this session is an opportunity to learn about the content and hidden depths of the ePortfolio.

16.35

End



Friday 5th September

Lister PGMC

All Day

09:30

Scheme Induction day

CPD Hrs = 6

Peter Russell

TPD

A welcome to the members of the Scheme and an introduction to the programme for the year. This is our first meeting together and is the time to get to know each other and our responsibilities.

Objectives

- *Become orientated with Dental Foundation Training.*
- *Acquire the tools to develop as an Foundation Dentist throughout the year.*
- *Recognise the requirements of foundation training and to develop teamwork skills.*

Learning Content

- *Describe learning styles, reflection, and the timeline for the DFT year.*
- *Effectively interact with their peer group and other Dental Foundation Training stakeholders.*
- *Demonstrate an enhanced ability to work with others as a team.*

GDC Outcomes: A B C D



16:30

End

am FDs only

pm FDs & ESs



Thursday 11th September

Bedford DAC

All Day

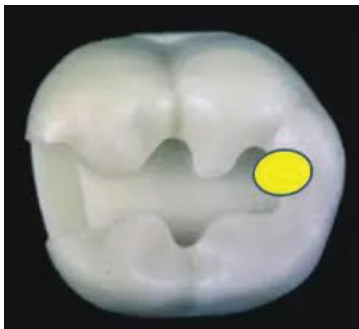
09:30

Initial Skills Assessment

CPD Hrs = 3

Peter Russell

TPD & 3 ESs



This session is an opportunity to carry out clinical work in a skills room and to revisit many straightforward clinical techniques and processes and to refresh the skills learned whilst at dental school. It is an opportunity for peer review and guidance from some of the Scheme's Educational Supervisors.

Objectives

- Evidence the systematic and accurate removal of simulated dental caries.
- Refresh dental preparation skills on a simulator prior to starting work in general dental practice.
- Gain experience in placement, carving and finishing of amalgam restorations.
- Identify through experience and peer review areas of experiential or learning need across a wide range of techniques.

Learning Content

- Demonstrate accurate caries removal and the preservation of sound dentine and supported enamel.
- Demonstrate the placement, carving and finishing of amalgam restorations.
- Identify through experience and peer review areas of experiential or learning need across a wide range of techniques



GDC Outcomes: C D

In 2 groups: 1 session am : 1 session pm



Friday 12th September

Bedford PGMC

Morning Session

Empty

Radiography: A practical Update

CPD Hrs = 3

Jeremy Norris

GDP and ES



This session aims to provide a refresher on how to justify, report and grade dental radiographs. The session will refresh theory in relation to everyday practice for dental radiography. It will also try to explain the appropriate use of the range of holders and views available.

Objectives

- Describe how to justify, report and grade your radiographs.
- Explain hints and tips for overcoming common issues with dental radiography.
- Discuss how to choose appropriate radiographic views for a range of clinical scenarios.

Learning Content

- Justify, assess and report on dental radiographs.
- Employ processes to overcome common issues in dental radiography.
- Choose the appropriate views for dental radiographs.

GDC Outcomes: A B D



12:30

Lunch

Please bring your films holders from practice



Friday 12th September

Bedford PGMC

Afternoon Session

13:30

NHS Rules & Regs

CPD Hrs = 3

Peter Russell

TPD



This session will provide Foundation Dentists with a working knowledge of the rules and regulations applying to the provision of NHS dental care. It will ensure they are able to inform patients appropriately of the availability of NHS services.

Objectives

- Explain how and when to claim for NHS treatment that has been provided to patients.
- Define the rules regarding provision of NHS dental care.
- Describe how to talk confidently about what can be provided through NHS dental services.

Learning Content

- List the structures and content of NHS treatment bands and associated NHS banding charges.
- Apply the rules regarding provision of NHS dental care.
- Perform GDS services within the structure of NHS GDS contracts.

GDC Outcomes: A B D



16:30

End



Friday 19th September

Bedford PGMC

Morning Session

09:30

Photography

CPD Hrs = 3

Dr Peter Cranfield

TPD

To review the terminology and basic functions of cameras and accessory equipment used in dental clinical photography, allowing the Foundation Dentist to take good quality clinical images.

Objectives

- *Identify the importance of obtaining valid consent from patients and keeping full and contemporaneous records alongside consent policies and procedures required when taking, storing and publishing clinical photographic images.*
- *Evaluate use of the most optimal equipment, camera settings and accessory equipment to produce high quality clinical images and to be able to diagnose if how to improve suboptimal images.*
- *Recognise the use of the wider team to aid image production of a high standard and how to use software to prepare images for use in presentations and projects.*

Learning Content

- *Demonstrate consistent, high quality clinical images to be used for patient education, building their own clinical portfolio and for coursework submissions throughout the training year.*
- *Evaluate their own clinical images to troubleshoot how to improve them where issues arise.*
- *Construct a systematic approach to make clinical photography routine in the Foundation Dentist's daily workflow.*

GDC Outcomes: A C



12:30

Lunch

Please bring your practice camera and mirrors / retractors



Friday 19th September

Bedford PGMC

Afternoon Session

13:30

Oral Medicine & Cancer

CPD Hrs = 3

Steph Agar

CDS GDP & ES

This session aims to identify the common presentations of oral pre-malignant and malignant disease and to understand the referral pathways and timings to best manage the patient. There will be discussions about the management and impact of diagnosis on the patients both during the initial referral point and the necessary aftercare and support required.



Objectives

- Describe how to educate patients in general dental practice on possible risk factors for oral cancer, including having confidence in delivering 'very brief advice'.
- Demonstrate how to identify oral premalignant and malignant conditions.
- Describe how to identify when specialist advice is necessary and the appropriate referral pathways.

Learning Content

- Demonstrate how to identify oral premalignant and malignant conditions.
- Recognise local and national support services and resources in the care of mouth cancer
- Demonstrate the ability to communicate effectively and sensitively with patients about the prevention, diagnosis and treatment of oral lesions.

GDC Outcomes: A B C D

16:30

End



Friday 26th September

Bedford PGMC

Morning Session

09:30

Periodontology in Practice

CPD Hrs = 3

Sabina Wadwhani

ES HWE

Review the current Classification of Periodontal Diseases 2017 and its implementation in General Dental Practice.

Objectives

- *Explain how to formulate individualised, written care or treatment plans for patients according to their individual circumstances.*
- *Describe how to monitor therapeutic outcomes and ensure that appropriate follow-up care is arranged.*

Learning Content

- *Evaluate the periodontal tissues and provide a differential diagnosis of the patient's periodontal condition.*
- *Demonstrate understanding of the aetiology, diagnosis and classification of periodontal disease and able to explain this to patients*
- *"Be able to integrate and deliver optimal periodontal care under the existing General Dental Service contract and assess when to refer a patient for more specialised periodontal care or to secondary care services."*

GDC Outcomes: A C



12:30

Lunch



Friday 26th September

Bedford PGMC

Afternoon Session

13:30

Pain Management and Dental Emergencies

CPD Hrs = 3

Victor Gehani

GDP and Clinical Tutor



To help Foundation Dentists to be more competent in the diagnosis and management of dental emergencies, causes and types of pain and be aware the role the entire team play in this respect.

Objectives

- *Identify the importance of thorough history taking, special tests, diagnosis and treatment planning for dental emergencies, including informed consent.*
- *Evaluate appropriate management strategies for patients that present with dental trauma and pain.*
- *Discuss the need to be confident in liaising with the wider team to help schedule emergency appointments so there is sufficient time to manage them appropriately.*

Learning Content

- *Foundation Dentists will be able to describe how to competently manage commonly occurring dental emergencies, including trauma.*
- *Organise and manage their own diaries to be able to cope with dental emergencies in a consistent, stress-free environment.*

GDC Outcomes: A C



16:30

End



Friday 3rd October

Day Session

09.30

No study day

CPD Hrs = 6

Shashi Mishra

Specialist Endodontist



To give Foundation Dentists greater confidence, knowledge and technical ability in diagnosis and treatment of apical and pulpal pathology, and understand modern concepts in its prevention. To allow Foundation Dentists to understand the factors involved in restoring the endodontically treated tooth.

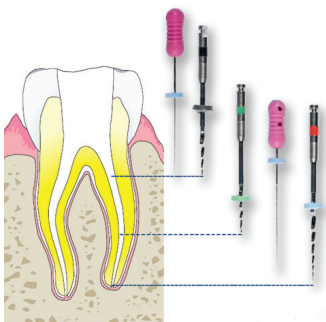
Objectives

- Review current concepts in the prevention of apical and pulpal pathology.
- Describe the pathophysiology of the pulp-dentine complex and the symptoms of pulp-dentine pathology.
- Undertake practical training to have a greater knowledge of the principles of endodontic access, canal preparation, canal irrigation, obturation and the restoration of the endodontically treated tooth.

Learning Content

- Demonstrate an enhanced knowledge and ability to manage patients with endodontic problems.
- Demonstrate greater skill in the treatment of endodontically involved teeth.
- Evaluate how to restore the endodontically treated tooth.

GDC Outcomes: A C



16.30

End



Friday 10th October

Home/Practice

Day Session

Empty

Self Study and Portfolio /project work

CPD Hrs = Empty

Self directed learning

To reinforce coursework details and expectations from earlier Regional and local induction processes.

Objectives

- *Explain in more detail the work required to complete the e-Lift projects.*
- *Define the process of conducting a clinical audit and the preparation required to complete this element of the coursework schedule.*
- *Ability to complete the three Milestone cases Foundation Dentists are required to undertake to the standard set.*

Learning Content

- *Design and produce a clinical audit to a satisfactory standard of work to meet expectations.*
- *Foundation Dentists will be able to recognise the workload involved regarding coursework elements.*
- *Identify the requirements to produce a satisfactory standard of work to meet expectations, including those for e-LIFT and Milestones.*

GDC Outcomes: A B C D





Friday 17th October

Bedford PGMC

Day Session

09:30

Consent, Records and Complaints

CPD Hrs = 6

Shaam Shamsi

TPD and Medicolegal expert

To provide a comprehensive knowledge base on the medicolegal issues that present themselves in general dental practice and management of complaints that may arise alongside ethical dilemmas.

Objectives

- List the regulations and requirements regarding record keeping and dealing with complaints
- Explore the legal and ethical responsibilities of dentists and the team including the provision of dental care within the structure and principles of providing NHS dental care.
- To learn about the regulations surrounding the process of correct management of patient complaints within General Dental Practice
- Describe the processes of the GDCs regulation of the profession.

Learning Content

- Produce effective patient records within dental practice.
- Implement appropriate complaints handling in general dental practice.
- Identify the role of an indemnity provider in the support of the practice team and be able to define the professional responsibilities of all members of the dental team

GDC Outcomes: A B D



16:30

end

Joint with Cambridge, Bedford and Therapists



Friday 24th October

Lister PGMC

Day Session

09:30

Projects & Presentations: preparation and explanation

CPD Hrs = 6

Peter Russell & Dr Peter Cranfield

TPDs Herts & Beds

To understand the purpose and the process for the upcoming projects that form part of your DFT year. This will include APLAN and Audit projects. There will practical examples to illustrate these subjects.

Objectives

- *An overview of techniques and principles for complete and engaging presentations to aid the FD presentations in the coming year.*
- *There will be practical exercises to complete in small groups.*

Learning Content

- *To understand fully the process and requirements of the DFT projects.*
- *To be better acquainted with Presentation skills and have a more confident approach to PowerPoint presentations.*
- *To be better prepared for the submission of DFT projects.*

GDC Outcomes: A B C D



16:30

End

Joint with Bedfordshire



Thursday 30th October

Kings House Bedford

Day Session

09:30

Communication Skills

CPD Hrs = 6

Cascade

Specialist Presenters

To demonstrate the importance of communication and introduce Foundation Dentists to a range of skills they can use to communicate effectively with patients, team members and colleagues.



Objectives

- *Raise awareness of the importance of communication skills.*
- *Evaluate and assess clinician and patient interactions.*
- *"Identify successful strategies to improve communication."*

Learning Content

- *Participants will be able to describe how stress affects their own communication with others and define the factors that affect the behaviours and communication of others.*
- *"Differentiate the importance of non-verbal communication and active listening."*
- *Explain the range of skills required for dealing with a complaint and for providing feedback to colleagues.*

GDC Outcomes: A B D



16:30

End



Thursday 31st October

virtual meetings

Day Session

09.30

Early Stage Review Individual meetings

CPD Hrs = 6

Peter Russell

Scheme TPD



An individual confidential one to one meeting to assess the FD progress into the program and the practice.

It is an early session to identify any issues that may need to be addressed to ensure a successful completion to the training year.

These will be virtual individual meetings, taking perhaps a hour at most. A timetable will be issued closer to the event.



Thursday 6th November

Lister PGMC

Morning Session

09.30

Health & Safety in Practice

CPD Hrs = 5

Sukhvinder Singh Atthi

Clinical lecturer BDH

For participants to increase their understanding and knowledge relating to health and safety in their workplace.

Objectives

- Explain the principles of occupational health and safety and how to apply this knowledge in the workplace including use of risk assessments and the practical actions to improve health and safety, and therefore prevent accidents.
- State and identify the scope of legal and moral responsibilities whilst at work and determine reasonable methods to control risks associated with all aspects of the working environment.
- "Describe principles of accident prevention and the need to report accidents and dangerous occurrences whilst being aware of the hazards and risks associated with the workplace, work equipment, work activities, display screen equipment and hazardous substances."

Learning Content

- Define the key principles and legal requirements that relate to health and safety in the workplace.
- Foundation Dentists will be able to explain their own roles with respect to health and safety in their training practice environments.
- "Evaluate how well their training practice complies with current health and safety requirements and the changes that could be made."

GDC Outcomes: A B D

14:30

End



Joint day with Bedfordshire



Tuesday 18th November

TBC

Day Session

09:30

DFT / DCT Joint Oral Cancer Day

CPD Hrs = Empt

Various

Empty

A day with our colleagues from the regions other DFT schemes and DCT

GDC Outcomes: A B C D



16:30

End

A joint DFT / DCT study Day



Friday 21st November

Lister PGMC

Afternoon

09:30

Paediatric Dentistry & Ortho

CPD Hrs = 5

Michael Cranfield

Specialist in Paediatric Care and Medical Director CDS-CIC



The aim of this day is to review current best practice in the dental management of paediatric patients. This will be discussed using a series of case studies (plus the use of models to conduct hands on exercises).

Objectives

- Review and explore methods and techniques for providing high quality dental care to children from a range of backgrounds.
- Assess and list our responsibilities in relation to paediatric management within in general dental practice.
- Demonstrate the use of stainless steel crowns on models to help develop the skills to use the Hall technique in a reliable manner.

Learning Content

- Perform a clinical assessment, special investigations and immediate management of acute dental trauma. Be able to evaluate our responsibilities to provide safeguarding for children within a general dental environment.
- "List current treatment protocols in managing symptomatic/ asymptomatic primary teeth and be able to apply current restorative techniques to manage various scenarios."
- Recognise when a stainless steel crown is the preferred treatment option in and demonstrate delivery of this treatment modality.

GDC Outcomes: A C



13:30

"Lunch"



Friday 28th November

Lister PGMC

Morning

09:30

Oral Surgery Planning for Practice

CPD Hrs = 3

Preeya & Nilesh Sakerchand

Bedfordshire ESs & GDPs



Allow participants to become more competent in oral surgery procedures undertaken in primary care, including the use of flaps and bone removal where appropriate.

Objectives

- *Explain the importance of patient medical history for oral surgery procedures as part of the overall pre-operative assessment processes and the relevance of National guidelines in this context, and when to refer to secondary care.*
- *Define local anaesthetic pharmacology, appropriate use of local anaesthetics and potential complications and their management.*
- *Provide practical training in the principles of assessment, flap design, bone removal and sectioning of teeth that require this approach for removal, including discussion of instrument selection (the surgical armamentarium) to undertake minor oral surgery procedures in general dental practice.*
- *Identify appropriate post-operative care and pain management for oral surgery patients*

Learning Content

- *Evaluate and demonstrate application in the diagnosis, treatment and aftercare of patients requiring exodontia in general dental practice.*
- *Demonstrate greater skill and knowledge of methods of providing simple oral surgery and the instruments used to aid this.*

GDC Outcomes: A C



12.30

Lunch



Friday 28th November

Lister PGMC

Afternoon Session

13:30

Treatment Planning in Practice

CPD Hrs = 3

Kalpana Patel

HWE ES and GDP



To be able to provide a comprehensive treatment plan the patient understands and meets the patients' needs.

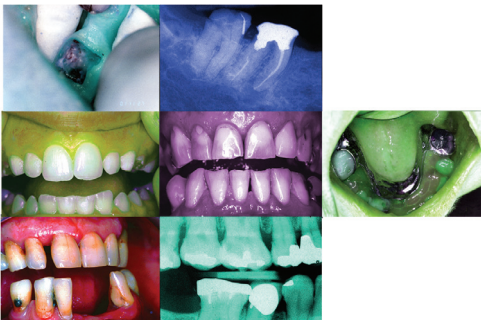
Objectives

- Explore the multiple factors involved in the development of a patients' treatment plan for NHS care.
- Review the methods of assessing a patient's needs, wishes, requirements and the treatment options available for each patient in relation to the NHS regulations.
- Evaluate the skills necessary to be able to manage, involve and communicate to a patient the options and content of a treatment plan including patient's responsibilities and preventive regimes, or any need for referral.

Learning Content

- Identify and clarify a patient's treatment needs and requirements in relation to their wishes and expectations.
- Formulate suitable and effective treatment plans for patients including options for treatment modalities within the NHS regulations, including the need for any referral.
- Recognise the level of communication required to discuss with a patient an effective treatment plan in a manner which manages their expectations, wishes and requirements in an ethical and professional manner.

GDC Outcomes: A B C D



16:30

End



Friday 5th December

Lister PGMC

Day

09:30

Milestone 1 Presentations

CPD Hrs = 6

Peter Russell & 3ESs

Scheme TPD

This session enables Foundation Dentists to present their Milestone 1 Case. The Foundation Dentists will receive constructive feedback from fellow professionals.

Objectives

- Effectively present the case of a patient with dental trauma or a dental emergency to fellow dental professionals.
- Demonstrate how to use the case of a patient with dental trauma or a dental emergency to reflect on clinical skills of analysis and care provision.
- Demonstrate how to constructively offer feedback related to a case of a patient with dental trauma or a dental emergency.

Learning Content

- Direct reflection and feedback into professional development.
- Demonstrate the provision of patient care through use of reflection, analysis and planning.
- Demonstrate how to deliver constructive feedback to fellow professionals.

GDC Outcomes: A C D



16:30

end



Friday 12th December

Bedford PGMC

Day Session

09.30

Restorative Topics

CPD Hrs = Empi

Victor Gehani

GDP and Clinical Tutor



To provide Foundation Dentists with an update on contemporary materials, equipment, posture, clinical techniques for the fabrication of final restorations for the following, including temporisation: of Anterior veneers, Onlays, Adhesive bridgework, Full coverage crowns – adhesive/bonded and conventional

Objectives

- *Describe the principles involved in the ideal preparations and how to modify techniques when the ideal cannot be achieved.*
- *Identify appropriate use of material choice for each type of preparation.*
- *Undertake a series of practical exercises to reinforce protocols associated with indirect anterior and posterior preparations and provision of temporaries.*

Learning Content

- *Evaluate and critique their own preparations when they return to their training practices.*
- *To have enhanced practical skills in indirect preparations of anterior/posterior teeth, using a variety of techniques and equipment.*
- *Assess material selection for different types of indirect preparations*

GDC Outcomes: A C



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16:30

End

Joint day with Bedfordshire



Calendar 2025-2026

Monday 2nd September	Start of Autumn Term
Thursday 5th September	Regional Induction Day – virtual learning 1:30pm
Friday 6th September	Study day at Lister Hospital. am. FDs only – pm. FDs and ESs present
Friday 13th September	Clinical Skills day Bedford DAC
Friday 20th September	Radiography, Rules & Regs Bedford
Friday 20th September	Photography and Oral Medicine & Cancer, Bedford
Wednesday 25th September	Enhance: Regional day
Thursday 26th September	Periodontics and Emergencies and Pain Management Bedford
Friday 3rd October	Endodontics, Baldock
Friday 18th October	Record keeping, Complaints, and Consent Bedford
Thursday 24th October	ESR Virtual meetings
Friday 25th October	Projects & Presentations, Bedford
Thursday 31st October	Communications, Bedford
Friday 8th November	Paeds & Ortho
Friday 15th November	Royal College Of Surgeons Conference
Friday 22nd November	Oral Surgery Planning and Treatment Planning
Friday 29th November	Joint DFT/DCT Oral Cancer Day
Thursday 5th December	Health & Safety
Friday 6th Decemeber	Restorative Day
Friday 13th Decemebr	MS1 Presentation
Friday 1st December	Practical Restorations
Thursday 5th December	Health & Safety
Friday 13th December	Milestone 1 Presentations
December /January	Buddy ES practice Visits, ADEPT+ CBD + MSF2
1st January 2025	ALL e- Learning Complete.
Jan 2nd - Feb 25th 2025	Practice Visits – virtual or in person.
January 2025	Practice swaps
Friday 10th January 2025	Milestone 2 – APLAN submission closes
Friday 24th January 2025	Milestone 2 - APLAN review submission closes
Friday 28th February 2025	Milestone 2 Presentations
Friday 16th February 2024	IRCP
Friday 29th April 2025	EASTER - No Study Day

31st May 2025	Audit complete
Friday 30th May	Milestone 3 – APLAN submission closes
Friday 13th June	Milestone 3 - APLAN review submission closes
Friday 27th June 2025	Milestone 3 Presentation Day
Friday 11th July 2024	Showcase Day regional Meeting
Friday 25th July	FRCP
31st August 2024	End of DFT Year



Educational Supervisors and Foundation Dentists



Arnie Dickin

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University of Plymouth

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01438 351556



**Kalpana Patel
Riya Patel**

Chrysalis Dental Practice, 161 – 163 Leavesden Road, North Watford, Herts. WD24 5EP



Uzhmaa Kadri

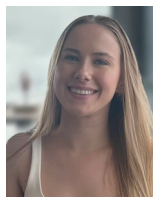
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Rajan Mehta
Ji Ye Lee

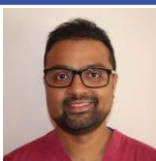
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Hertfordshire and West Essex Scheme

Buddy ES Pairings 2025-2026

Foundation Dentist	Educational Supervisor(s)	Buddy ES(s)
Gemma Booth	Arnie Dicken	Neal Mehta / Dennis Gantzias
Joshua Simmons	Filip Zigic	Ji Ye Lee / Raj Mehta
Jusuf Al Dijely	Amir Patel	Sabina Wadhwani / Lomas Patel
Eliya Ojji	Ash Shah / Ronak Pandhi	Jilna Shah / Urvi Shah
Rina Shaya	Neil Kotecha	Kalpana Patel / Riya Patel
Calogero Morello	Puja Patel / Jay Patel	Pritesh Vithlani
Rory Amor	Puja Patel / Jay Patel	Martin Whelan
Adam Zeinden	Martin Whelan	Puja Patel / Jay Patel
Sophia Zeiden	Sabina Wadhwani / Lomas Patel	Amir Patel
Hamza Khan	Urvi Shah / Jilna Shah	Ronak Pandhi / Akshai Shah
Nyah Kara	Rajan Mehta / Ji Ye Lee	Filip Zigic
Uzhmaa Kadri	Kalpana Patel / Riya Patel	Neil Kotecha
Mariam Hassaan	Pritesh Vithlani	Puja Patel / Jay Patel
Eloise Casson	Dennis Grantzias / Neal Mehta	Arnie Dicken



Online Learning

2025-2026

List of Mandatory E-Learning

As part of your Foundation Training year within the East of England Region you will undertake a number of online e_Learning modules.

All of these e-learning modules have specific completion dates.

Most of the e-Learning can be accessed from the e-LFH (e-Learning for Health) website, but the Script modules can be accessed directly from your e-Portfolio using the tab at the top of the dashboard page.

e-Learning for Health

Once you have received your login details from e_Learning for Health you can access all the necessary modules by using this link:

[East of England elfh Hub\(e-lfh.org.uk\)](http://e-lfh.org.uk)

This takes you to a portal which leads to the **East of England - Dental Foundation Trainees** learning path.

Here is a list of all the modules. Once each module has been completed the assessment for that module should also be completed and the certificate of completion uploaded to the e-Portfolio.

Modules Course Sections

Statutory and Mandatory Training (SMT) Completion by Early Stage Review

- Conflict Resolution Level 1 40 mins
- Data Security Awareness Level 1 70 mins
- Equality and Diversity and Human Rights Level 1 20 mins
- Fire Safety Level 1 30 mins
- Moving and Handling Level 1 40 mins
- Preventing Radicalisation - Basic Prevent Awareness 35 mins
- Safeguarding Adults Level 1 40 mins
- Safeguarding Adults Level 2 40 mins
- Safeguarding Children Level 1 30 mins
- Safeguarding Children Level 2 35 mins

Mental Capacity Act (MCA) Completion by IRCP

- Mental Capacity Act as Part of Human Rights 20 mins
- Assessing Mental Capacity 20 mins
- Planning Ahead Using the MCA 20 mins
- Best Interests 20 mins
- Restraint 20 mins

Deprivation of Liberty 20 mins
Relationship Between the MCA and the MHA 20 mins
Mental Capacity Act and Young People aged 16 or 17 20 mins
Research Involving People Who Lack Capacity 20 mins
Mental Capacity Act and Adult Safeguarding 20 mins
Settling Disputes and Disagreements 20 mins

Alcohol and Tobacco Brief Interventions Completion by IRCP

Introduction to treating and preventing ill health 15 mins
Very Brief Advice on Smoking 15 mins
Alcohol Brief Advice 15 mins
Bringing It Together - Multiple Risk Factors 15 mins
Assessment 10 mins

Making Every Contact Count (MECC) Completion by IRCP

What is MECC and why is it important 30 mins
How to have a MECC conversation 30 mins
Signposting 15 mins
Five Ways to Wellbeing 30 mins
Assessment 10 mins

HEE Rubber Dam Placement video Completion by IRCP

Using your login details for e_Learning for Health you can access this module by using this link:

[East of England elfh Hub\(e-lfh.org.uk\)](http://e-lfh.org.uk)

Script - An eLearning programme to improve prescribing competency

Please use the link in your e-Portfolio to access the Script site. When you have completed a module , this information will be passed to your e_Portfolio but you may wish to download completion certificates for your CPD records.

Modules Completion by FRCP

Prescription Documentation and the Drug History 60 mins
Medication Errors and Adverse Drug Reactions 60 mins
Special Patient Groups 60 mins
Utilising the BNF 60 mins
Medical Emergencies 60 mins
Periprocedural Prescribing 60 mins
Dental Infection 60 mins
Pain, Ulceration, and Inflammation 60 mins
Prescription Documentation and the Drug History 60 mins
Medication Errors and Adverse Drug Reactions 60 mins



Milestones and APLAN

2025-2026

Introduction

The Milestones are three clinical cases that Foundation Dentists (FDs) will present throughout the DFT year. The cases will increase in complexity as the year progresses and will be part of the formative assessment for IRCP and FRCP. You will present your case at your scheme study day. The cases will be peer reviewed on the day by your own scheme members and educational supervisors. This process facilitates learning, self-assessment, reflection and insight. Milestone One is peer reviewed only. Milestones Two and Three use APLAN for additional anonymous feedback and scoring.

APLAN (Anonymous Peer Learning and Assessment Network) is an online tool which allows your cases to be distributed to other FDs and ESs across the Midlands and the East of England regions. Your cases will be anonymously reviewed by three FDs and three ESs. In addition, you will be asked to provide anonymous feedback for three cases submitted by other FDs.

The deadlines for the case submission and review feedback on APLAN are set at the beginning of the DFT year:

Milestone 2

Submissions open: 5th December 2025 - Submissions close: 9th January 2025

Milestone 3

Submissions open: 24th April 2026 - Submissions close: 29th May 2026

Please note the dates of the opening and closing of the submission periods; there is no room for late submission of cases or feedback reviews. The window for giving feedback on cases will open within 48 hours of the case upload deadline closing and will remain open for two weeks. Failure to meet the deadlines may impact your IRCP and FRCP outcome.

Case Guidance

You will find information on the SharePoint for FDs that covers the Milestone cases and guidance on how to present them. General guidance for case presentation includes:

- Ensure you have written consent from your patient for the use of photographs, radiographs and clinical records;
- Start identifying cases as soon as possible, and have a few cases spare as back-up in case of patient non-attendance;
- Look at the marking criteria to help guide your presentation;
- Keep your case presentation concise and avoid using a lot of text on slides;
- Reflect on your case and provide modifications you would make in future; and
- Maximum presentation time is 10 to 15 minutes which is then followed by Q&A for around 10 minutes.

If you have any further queries please contact your TPD.



Audit

2025-2026

Introduction

It is a requirement of the Dental Foundation Training Curriculum that a minimum of two clinical audit cycles are to be completed by the end of the ninth month of Dental Foundation Training by each Foundation Dentist.

Submission of a formal Clinical Audit Report is a mandatory requirement for the Satisfactory Completion of Foundation Training in the East of England Region.

Detailed guidance on the completion of your Audit Project will be provided in a separate document.

Process for marking

Your Clinical Audit Report will be marked by a Buddy ES using a Feedback Form approved by the Region. When complete you should email a copy of your Clinical Audit Report to your TPD and Buddy ES.

The Buddy ES will complete the Feedback Form then forward the completed Feedback Form to your TPD for moderation. Your TPD will forward the moderated Feedback Form to you and your ES for discussion at a tutorial.

E-Portfolio upload

You should complete a Tutorial Reflection and upload the completed Feedback Form to the **FD Projects, Presentations and Audits** section of the e-Portfolio. At the same time upload your completed Clinical Audit Report to the **Uploads** section of the e-Portfolio.

The TPD for your Scheme will set the submission and marking deadlines for that Scheme. They will also allocate a Buddy ES to each FD.

Your Audit Report and the completed Feedback Form must be uploaded to the e-Portfolio at least two weeks before FRCP.



Lead Employer

2025-2026

Mersey and West Lancashire Teaching Hospitals NHS Trust

Phone 0151 478 7777

Generic email Lead.Employer@sthk.nhs.uk

Lead Employer website <https://leademployer.merseywestlancs.nhs.uk/>

How to Communicate with Lead Employer (video)

Dental Foundation Hub <https://leademployer.merseywestlancs.nhs.uk/dental-foundation-colleagues>

ESR Enquiries: - 0151 676 5323 (login details, forgotten password etc)

ESR.LeadEmployer@sthk.nhs.uk

Electronic Submission of Expenses: - 0151 676 5323 (Expenses for Business miles and Home to work mileage submitted via e-expenses only)

e-expenses@sthk.nhs.uk

Health Work and Wellbeing: - 0151 430 1985 (copies of certificates/immunisations etc)

hwwb.recruitment@sthk.nhs.uk

Pay Enquiries: - 0151 290 4658 (tax only, other pay queries will be addressed by the helpdesk)

leademployerpayroll@sthk.nhs.uk

Pensions enquiries: 0151 430 1115

Leademployer.Pension@sthk.nhs.uk



Problem Solving and Support

Hertfordshire and West Essex 2025-2026

During the Foundation Training year there will be many opportunities for problems to arise. These may range from the 'crowns that never fit' to problems communicating with the Dental Nurse. However, you have available a wealth of expertise and experience to draw upon to help you to solve your problems.

In your Practice the main source of assistance is, of course, your Educational Supervisor. During normal working hours you can approach your ES for assistance, or alternatively during a tutorial you can bring up a matter that is causing concern.

Your Training Programme Director is also always available for help on a whole range of clinical, professional or personal problems. This does not have to wait until a Study Day; contact your TPD by email or phone early on if you have a problem or concern. Early resolution of an issue will help prevent any further worry. Remember that patient safety is paramount and confidentiality is assured, if required.

The training group is also a very useful forum to air problems and to seek a solution. Opportunities for group discussion occur in nearly every session of study days. Naturally openness and frankness is usually required, but all members of the group will respect our rule of confidentiality outside the sessions.

If there are problems relating to your work in the practice, you should also contact the Lead Employer for support. They will help not only with employment issues but also with wellbeing and health support pathways.

Additionally there is further support that can be obtained from the Regional Professional Support and Wellbeing unit. You can self-refer, but please ensure (if you feel able) that you share relevant information about your referral with your Educational Supervisor

Contacts for Support

Training Programme Director

Peter Russell
07411793026
peter.russell11@nhs.net

Lead Employer Health Work and Wellbeing

0151 430 1985
hwwb.recruitment@sthk.nhs.uk

Professional Support and Wellbeing Unit

<https://heeoee.hee.nhs.uk/psw/psw-eeo>



Claiming Travel and Subsistence

2025-2026

For payment of Dental Foundation Training claims, Foundation Dentists must adhere to the following guidance:

All claims must be made online via the EASY Expenses system via the Lead Employer.

You can access the EASY Expenses system here:

<https://leademployer.merseywestlancs.nhs.uk/expenses-1>

Before you make any claims you will need to set up an approving manager on the system. This will be your Educational Supervisor. They will need to complete a New Approver Form and return to:

e-expenses@sthk.nhs.uk.

The form can be accessed from:

<https://leademployer.merseywestlancs.nhs.uk/media/Documents/Expenses/New-Approver-Authorisation-Form-1.docx>

If you travel by car, you will need to upload copies of your Insurance and Driving Licence to the Easy Expenses system. You will need to ensure that your insurance covers business use (Class 1).

Travel claims must reflect the actual mileage undertaken, or travel costs incurred, in attending your Study Day Programme only. Your usual mileage from your home to the dental practice will be deducted from the amount.

(Current mileage rate = £0.28 per mile, dentists carrying one or more named eligible dentists to the same course = an additional £0.05 per mile) Where passengers are being claimed for, their full names, contract number and performer number is required.

Car parking costs will be reimbursed and you will need a receipt for the car parking an image of which will be need to be uploaded.

FDs should travel only by second class if they travel by rail and should attach images of tickets or receipts to their claims.

Taxis should not be used and cannot be claimed.

A daily lunch allowance is payable: (applicable when more than five hours away from practice, including the times between 12:00 - 2:00pm) = up to a maximum of £5.00, itemised receipts must be provided when making a claim. Please note that bank statements are not acceptable forms of receipt and no reimbursements can be made on alcoholic drinks.

Within East of England overnight accommodation is not claimable except in very specific authorised circumstances, therefore claims for accommodation or evening meal allowance should be not be made.

All claims must be completed accurately and honestly. You may only claim for actual expenses incurred and must not exaggerate claims, provide alternative or fabricated receipts or deliberately incur unnecessary expense.



Practice Equipment List

2025-2026

Practice Specifications

Electronic records - Full computer based clinical records and appointment management system.

Digital radiography

Internet access

Infection control - Up to date policies, protocols, and operating procedures including effective decontamination facilities with sufficient capacity and storage.

NHSmial account

Specification for FD Room

Size - Minimum floor area 9m².

Ventilation - Natural or mechanical ventilation must be provided. The fresh-air supply rate should not normally fall below 5 to 8 litres per second, per occupant - HSE Workplace (Health, Safety and Welfare) Regulations 1992.

Equipment for FD Room

Dental chair - Low seated design. Operating light. Delivery unit. Cuspidor. Suction. Amalgam separation.

Stool for dentist

Stool for nurse

Handwash sink

X-ray set - Rectangular collimation. Isolation switch outside the controlled area.

Amalgam mixer

Light cure lamp

Telephone

Workstation - Clinical records and appointment management software. Internet access.

Turbines - Minimum of 3.

Contra-angle handpieces - Minimum of 3.

Straight handpiece - Minimum of 1.

Ultrasonic scaler - Magnetostrictive or piezo.

Instrumentation for FD Room

Autoclavable tray system

X-ray film holders - Full range of holders for bitewing and periapical views - including full range of endodontic film holders.

Rubber dam kit - Latex free.

Conservation - Full range of instruments for normal restorative work including a single use matrix system (eg Automatrix) and a sectional matrix system (eg Composi-tight).

Periodontics - Full range of periodontal instruments including a measuring probe (eg Williams Probe) and a full set of scaling instruments (eg Gracey Curettes).

Extractions - Full range of extraction forceps (upper and lower); elevators and a set of Luxators.

Oral Surgery - Full range of surgical instruments including scalpel blades and handle, periosteal elevator, syringe for irrigation, surgical handpiece, selection of surgical burs, root tip picks, bone rongeurs, needle driver, toothed tweezers, non-toothed tweezers and suture scissors.

Prosthetics - Full range of prosthetic instruments including shade and mould guides.

Endodontics - Full range of stainless-steel hand files and NiTi rotary files.

Materials and Disposables for FD Room

Respirator - Fit tested FFP3 mask or powered hood for FD use.

Type II R Fluid Resistant Surgical Masks

Gloves - Latex free.

Bibs

Aprons

Gowns

Paper and cotton goods

Safe Sharps System - Incorporating a shield or cover that slides or pivots to cover the needle after use - HSE Health and Safety (Sharp Instruments in Healthcare) Regulations 2013.

Waste containers - For sharps, clinical waste, non-clinical waste, gypsum waste. Containers with mercury suppressant for amalgam waste, amalgam capsules and extracted teeth.

Disposable 3 in 1 syringe tips

Conservation - Full range of restorative materials including paediatric stainless-steel crowns and 016 stainless-steel orthodontic wire for trauma cases.

Prosthetics - Full range of prosthetic materials including impression compound and greenstick.

Endodontics - Full range of endodontic materials including a tooth sleuth, hypochlorite sourced from a dental supplier and Endo-Frost.

Available in the Practice for Use by the FD When Required

Dedicated Digital Camera - SLR or equivalent with lens, ring flash, retractors, and mirrors.

Conservation - Face bow and semi-adjustable articulator.

Prosthetics - Surveyor.

Endodontics - Electric pulp tester, apex locator, handpiece & motor for rotary endodontic system.

Clinical Digital Thermometer

Digital Communication - Computer or tablet with MS Teams including webcam, speakers, and microphone.