



Norwich 24 Month Dental Foundation Training Scheme

Year One Programme 2026-2028





Norwich 24 Month Dental Foundation Training Scheme

Bob Champion Research & Education Building

PGME, Bob Champion Research & Education Building, Colney Lane, Norwich, NR4 7UY

Tel: 01603 286884

East of England Region

Regional Postgraduate Dental Dean

Malcolm Brady

Associate Postgraduate Dental Dean, Early Years

Jason Stokes

Regional Dental Account Manager

Patti Bradshaw

Regional Dental Faculty Support Officer

Charlene Wright

Postgraduate Centre Manager

Sophie Hudson

Scheme Administrator

Janine Knowles

Training Programme Director (Foundation)

Filip Zigic

ZA MSc MA MCGDent

01279 654097

filip.zigic1@nhs.net

Training Programme Director (Core)

Mhairi Little

mhairi.little@nnuh.nhs.uk



Norwich 24 Month Dental Foundation Training Scheme

Index to Year One Programme

East of England Region	2
Index	3
Norwich 24 Month Scheme Postgraduate Centre	4
List of Study Days for Year One	6
Details of Study Days	9
ESs and FDs of Norwich 24 Month Scheme	43
Buddy ES pairs for Norwich 24 Month Scheme	44
Core Placements and ESs of Norwich 24 Month Scheme	45
Core Study Days for Year One.	46
Online Learning 2026-2028	47
Milestones and APLAN 2026-2028	49
Audit 2026-2028	50
Problem Solving and Support Norwich 24 Month Scheme	52
Lead Employer 2026-2028	51
Claiming Travel and Subsistence 2026-2028	53
Practice Equipment List 2026-2028	54



Norwich 24 Month Dental Foundation Training Scheme

Bob Champion Research & Education Building



Filip Zigic



Sophie Hudson



Janine Knowles

The Bob Champion Research building is part of the University of East Anglia and can be found on the hospital site.

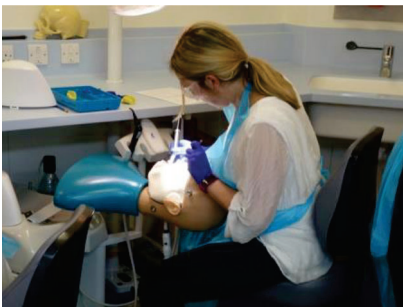
The technical skills room provides a hands on learning experience using 13 phantom heads.

We are supported by the team at PGME :

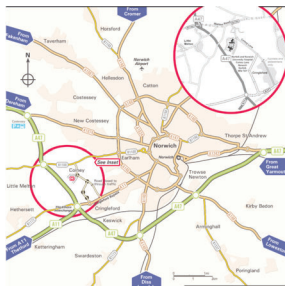
Filip Zigic (Training Program Director)
Sophie Hudson (Deputy Postgraduate Manager),
Janine Knowles (Medical education administrator),
Chris Bligh (skills room manager) and Daniel Marshall-Bull (skills room manager)

Filip.Zigic1@nhs.net
Sophie.Hudson@nnuh.nhs.uk
Janine.Knowles@nnuh.nhs.uk
Christopher.Bligh@nnuh.nhs.uk
Daniel.Bull@NNUH.nhs.uk

It is hoped that you will love exploring the area and meeting new friends while being expanding their horizons.



Location and Parking



We're situated four miles from the centre of Norwich, close to the University of East Anglia (UEA), to the south west of Norwich, and adjacent to the A47 and A11.

If you are using a Sat Nav the postcode you require is NR4 7UY.

Traveling from the A47 by car – leave the A47 at the junction for the B1108 following road signs for the Hospital. At the junction of the B1108 with Colney Lane, turn right and continue straight down Colney Lane through the Norwich Research Park.

Traveling from the A11 by car – leave the A11 at the first roundabout after the Thickthorn A47/A11 junction and follow the road signs for the Hospital.

Travelling from Norwich city centre by car– follow signs for A11 Thetford. Once on the A11 turn right at the Cringleford roundabout and follow the road signs for the Hospital.

The Costessey Park and ride service runs every 15 minutes, Monday to Friday, excluding bank holidays. Starting at 6.30am from the P&R site (NR9 3LX), the last bus leaves NNUH at 8.20pm. The cost is £1 per person return.

Parking is available on site in a NRP multistorey car park (NR4 7UQ) at a charge of £8 for up to 8 hours.

There is also a bus service to the hospital from the Norwich train station. Please allow 30 minutes for this journey.

The technical skills room is located on Level 1, Central block of the Norfolk and Norwich University Trust hospital.



Year One

Venues and Subjects

Tuesday 1st September	Clinical Refresher Day	<i>Technical Skills Lab NNUH</i>
Thursday 3rd September	Regional Induction The Role of the Lead Employer in DFT The Role of the GDC Using the Dental ePortfolio	<i>Bob Champion Research Building NNUH</i>
Friday 4th September	Scheme Induction	<i>Virtual Remote Learning Platform - Links to be confirmed</i>
Monday 7th September	Health and Safety	<i>Virtual Remote Learning Platform - Links to be confirmed</i>
Friday 11th September	NHS Rules and Regulations Clinical Photography	<i>Bob Champion Research Building NNUH</i>
Friday 18th September	Treatment Planning and Quality management	<i>Bob Champion Research Building NNUH</i>
Friday 2nd October	Periodontics	<i>Virtual Remote Learning Platform - Links to be confirmed</i>
Friday 6th November	Paediatrics	<i>Bob Champion Research Building NNUH</i>
Wednesday 11th November	Oral Cancer/Oral Medicine Symposium	<i>VenueTBC</i>
Friday 13th November	Endodontics Part 1	<i>Bob Champion Research Building NNUH</i>
Friday 20th November	Consolidation Scheme Day	<i>Virtual Remote Learning Platform - Links to be confirmed</i>

Friday 27th November	Milestone One Case Presentations	<i>Bob Champion Research Building NNUH</i>
		
Friday 4th December	Early Stage Review	<i>Virtual Remote Learning Platform - Links to be confirmed</i>
		
Friday 11th December	Anxiety and Pain Management Dental Emergencies	<i>Bob Champion Research Building NNUH</i>
		
Thursday 7th January	Endodontics Part 2	<i>Technical Skills Lab NNUH</i>
		
Thursday 14th January	Restorative Course (Group 1)	<i>Technical Skills Lab NNUH</i>
		
Friday 15th January	Occlusion and Tooth Wear (Group 1)	<i>Technical Skills Lab NNUH</i>
		
Thursday 21st January	Restorative Course (Group 2)	<i>Technical Skills Lab NNUH</i>
		
Friday 22nd January	Occlusion and Tooth Wear Group 2)	<i>Technical Skills Lab NNUH</i>
		
Friday 29th January	Oral Surgery	<i>Skills Room Oral Surgery NNUH</i>
		
Thursday 11th February	Restorative Day (Caries Removal, Amalgam)	<i>Technical Skills Lab NNUH</i>
		
Friday 5th March	Practice Exchange	
		
Friday 19th March	Speed Dating	<i>Bob Champion Research Building NNUH</i>
		
Friday 9th April	Medico Legal	<i>Virtual Remote Learning Platform - Links to be confirmed</i>
		

Friday 16th April	Practice Exchange Feedback	<i>Bob Champion Research Building NNUH</i>
		
Thursday 29th April	Restorative Course (Moisture Control, Composites)	<i>Technical Skills Lab NNUH</i>
		
Friday 28th May	Communication Skills	<i>Bob Champion Research Building NNUH</i>
		
Friday 11th June	Finance, Accounting & Contracts	<i>Bob Champion Research Building NNUH</i>
		
Friday 25th June	Removable Prosthodontics	<i>Bob Champion Research Building NNUH & Technical Skills Lab NNUH</i>
		
Friday 9th July	Quality Improvement Symposium	<i>VenueTBC</i>
		

Important Dates and Deadlines

Clinical Refresher DFT	Tuesday, 1 September 2026
Regional Induction	Thursday, 3 September 2026
DFT Induction Day	Friday, 4 September 2026
DCT Induction Day	Wednesday, 9 September 2026
Milestones 1 Presentations Day	Friday 27 November 2026
Early stage Review	Friday, 4 December 2026



Tuesday 1st September

Digital Health Centre, Sisskin House Norwich

Day Session

0900

Content of Study Day TBC

CPD Hrs = 3

Filip Zigic

TPD



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

TexPlease invite TPD to 2 DOPs under simulated conditions via e portfolio - class II amalgam and FGC prep.t Here



Thursday 3rd September

Bob Champion Research Building NNUH

Afternoon Session

13.30

Regional Induction

CPD Hrs = 6

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 3rd September

Bob Champion Research Building NNUH

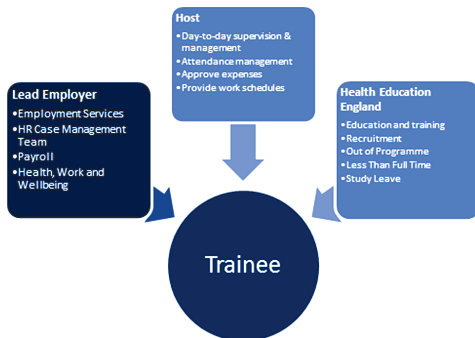
14.00

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 is 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 3rd September

Bob Champion Research Building NNUH

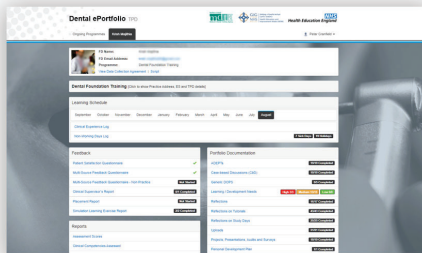
15.35

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 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 4th September

Virtual Remote Learning Platform - Links to be confirmed

Day Session

09.00

Scheme Induction

CPD Hrs = 6

Filip Zigic

TPD + ESs



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. In this session we shall look at how Dental Foundation Training runs on a day to day basis. This is an opportunity to set out the ground rules for the year and to understand how we can make our group work well. The programme for the term and for the year can be discussed.

Objectives

- To introduce and orientate delegates to the programme
- To give delegates tools to develop their role as a Foundation Dentist throughout the year
- Inform delegates of the requirements of Foundation Training and to develop teamwork skills

Learning Content

- Be able to demonstrate an understanding of learning styles and reflection.
- Define the timeline of the Dental Foundation Training year
- Have a knowledge of their peer group and EoE personnel together with an enhanced ability to work as a team.



GDC Outcomes: C D

1630

End

18.00 Scheme Dinner, Venue TBC



Monday 7th September

Virtual Remote Learning Platform - Links to be confirmed

Morning Session

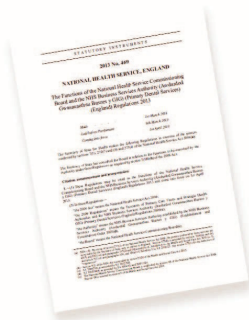
09.00

Health and Safety

CPD Hrs = 3

Sukhvinder Atthi

Mr Atthi works as a GDP with extended interests in MOS, Sedation and Orthod



The Enhance introductory module hub event is part of the NHS England Enhancing Generalist Skills programme. This is a professional development offer for all healthcare professionals with a syllabus covering six health and care domains and four key cross-cutting themes. The aim of Enhance is to equip all healthcare professionals with the additional generalist skills required to deliver excellent person-centred care across the evolving complexities of the health and care system.

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.
- 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.
- 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 C D

15.30

End



Friday 11th September

Bob Champion Research Building NNUH

Day Session

09.00

NHS Rules and Regulations

CPD Hrs = 3

Tom Norfolk

General dental practitioner, Joint chair of the Local dental networks

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.

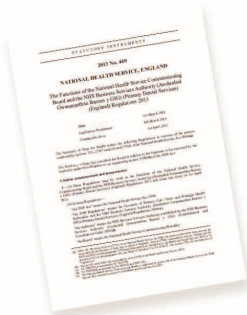
Objectives

- 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



12.30

Lunch



Friday 11th September

Bob Champion Research Building NNUH

Afternoon Session

13.30

Clinical Photography

CPD Hrs = 3

Andy Bell and Josh Davis

Educational supervisors

To provide a comprehensive knowledge base on appropriate dental record keeping

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



16.30

End

Please bring your practice photographic equipment to this session including : extra batteries, cheek retractors and mirrors.



Friday 18th September

Bob Champion Research Building NNUH

Day Session

09.30

Treatment Planning and Quality management

CPD Hrs = 6

Nick Lamb

Dental Professional advisor to NHS England and GDP.

This session will provide Foundation Dentists with the ability to provide a comprehensive treatment plan for their patients. The session will demonstrate how to ensure that the patient understands the plan and that it meets the patient's needs

Objectives

- *demonstrate 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



12.30

End



Friday 2nd October

Virtual Remote Learning Platform - Links to be confirmed

Day Session

09.00

Periodontics

CPD Hrs = 6

Nick Barker

Prof. BDS MSc FHEA MDTFEd MFGDP(UK) PGCME

This session aims to review the current Classification of Periodontal Diseases 2017 and its implementation in General Dental Practice.

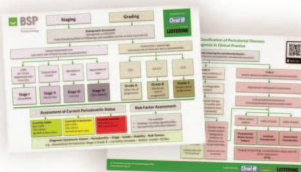
Objectives

- Explain the aetiology of periodontal disease and how to explain this to patients.
- Describe how to formulate individualised, written care or treatment plans for patients according to their individual circumstances.
- Demonstrate how to monitor therapeutic outcomes and ensure that appropriate follow-up care is arranged.

Learning Content

- Demonstrate understanding of the aetiology of periodontal disease and is able to explain this to patients
- Evaluate the periodontal tissues and provide a differential diagnosis of the patient's periodontal condition.
- Integrate periodontal findings into the patient's comprehensive treatment plan.

GDC Outcomes: A C



17.00

End



Friday 6th November

Bob Champion Research Building NNUH

Day Session

09.00

Paediatrics

CPD Hrs = 6

Callum Limer

MSc in paediatric dentistry

The aim of this session is to review current best practice in the dental management of paediatric patients.

Objectives

- *Assess and list our responsibilities in relation to paediatric management within in general dental practice.*
- *Describe current treatment protocols in managing symptomatic/asymptomatic primary teeth and be able to apply current restorative techniques to manage various scenarios.*
- *Demonstrate the use of stainless-steel crowns to help develop the skills to use the Hall technique in a reliable manner.*

Learning Content

- *Describe our responsibilities in providing 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 B D



17.00

End



Wednesday 11th November

VenueTBC

Day Session

09.00

Oral Cancer/Oral Medicine Symposium

CPD Hrs = 6

Venue TBC



The aim of this day is to bring together the whole dental team from primary, secondary and tertiary care to update our knowledge on the current management of oral cancer, post cancer rehabilitation as well as hearing personal stories from those living with oral and other cancers

Objectives

- *provide an overview of Oral Cancer; how to recognise it, refer it, and understand how it is treated in secondary care*
- *demonstrate the importance of support of the patient in primary care*
- *share insights of the life of a cancer patient, how to deliver bad news, and how dental teams can support the patient*

Learning Content

- *Explain the mechanism of oral cancer, it's management and the role dental teams can play in identifying and referring appropriately.*
- *Describe the surgical and medical management of oral cancer patients.*
- *Define the challenges of all patients living with cancer in order to address their dental needs.*

GDC Outcomes: A B C D



16.30

End



Friday 13th November

Bob Champion Research Building NNUH

Day Session

09.30

Endodontics Part 1

CPD Hrs = 6

Daniel De Souza

LMD, Dip Rest Dent FGDP RCSEng, MClinDent, MEndo, RCSEd

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.

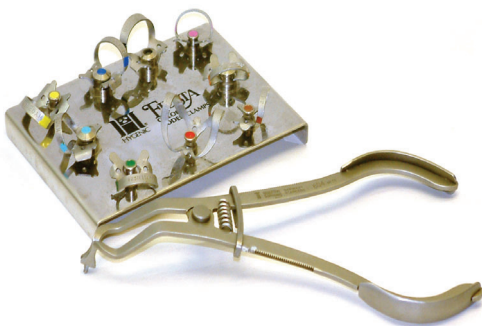
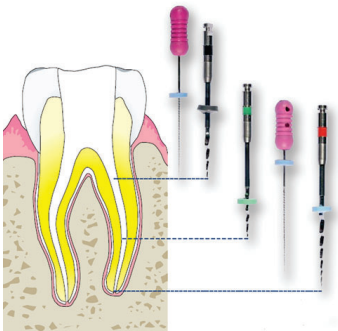
Objectives

- 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 20th November

Virtual Remote Learning Platform - Links to be confirmed

Day Session

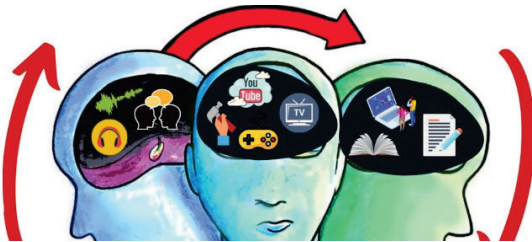
09.00

Consolidation Scheme Day

CPD Hrs = 6

Filip Zigic

TPD



This session consolidates induction processes for DCT and DFT

Objectives

- *Demonstrate an enhanced ability to work with others as a team.*
- *Ability to complete the three Milestone cases Foundation Dentists are required to undertake to the standard set.*

Learning Content

- *Recognise the requirements of foundation training and to develop teamwork skills*
- *Foundation Dentists will be able to recognise the workload involved regarding coursework elements.*

GDC Outcomes: A B D



Friday 27th November

Bob Champion Research Building NNUH

Day Session

0900

Milestone One Case Presentations

CPD Hrs = 6

TPD &ESs

Peer Group Presentations

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 4th December

Virtual Remote Learning Platform - Links to be confirmed

Day Session

09.00

Early Stage Review

CPD Hrs = 0.5

Filip Zigic

TPD

An individual confidential one to one meeting to assess each FD's 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. A timetable will be issued closer to the event



16.30

End



Friday 11th December

Bob Champion Research Building NNUH

Day Session

09.00

Anxiety and Pain Management

CPD Hrs = 6

Ganga Allen and Kara Gates

MSc in special care dentistry currently working in the CDS

This session aims to provide the knowledge, understanding and practical ability to successfully manage an anxious patient.

Objectives

- *Identify the importance of effective patient communication and history taking.*
- *Evaluate appropriate management strategies for patients that present with dental anxiety.*
- *Discuss the role of the wider team in supporting anxious patients.*

Learning Content

- *Describe the most effective communication strategies for anxious patients.*
- *Implement appropriate management strategies for patients that present with dental anxiety.*
- *Explain the role of the wider team in supporting anxious patients.*

GDC Outcomes: A B C



12.30

Lunch



Friday 11th December

Bob Champion Research Building NNUH

Afternoon Session

13.30

Dental Emergencies

CPD Hrs = 6

Biran Shah and Stuart McCance

ESs and GDPs

This session aims to help Foundation Dentists to be more competent in the diagnosis and management of dental emergencies 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 pain of various causes and tooth fracture.
- Describe the clinical assessment, special investigations and immediate management of acute dental trauma

Learning Content

- Demonstrate appropriate history taking, special tests, diagnosis, and treatment planning for dental emergencies
- Organise and manage their own diaries to be able to cope with dental emergencies in a consistent, stress-free environment.
- Describe how to competently manage commonly occurring dental emergencies, including trauma

GDC Outcomes: A C



16.30

End



Thursday 7th January

Technical Skills Lab NNUH

Day Session

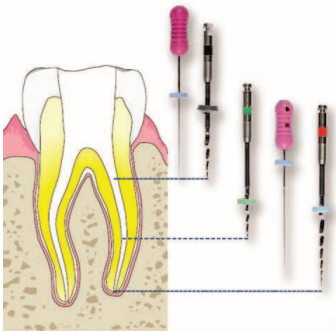
09.00

Endodontics Part 2

CPD Hrs = 6

Daniel De Souza

LMD, Dip Rest Dent FGDP RCSEng, MClinDent, MEndo, RCSEd



This session will give Foundation Dentists greater confidence, knowledge and technical ability in the diagnosis and treatment of apical and pulpal pathology. The session will allow Foundation Dentists to understand the factors involved in restoring the endodontically treated tooth.

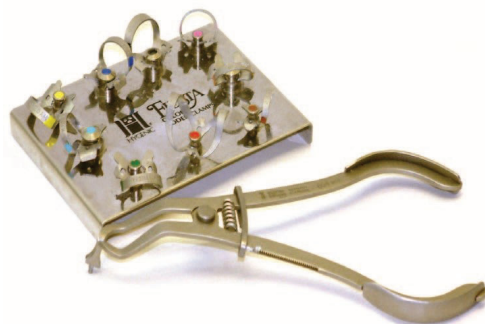
Objectives

- 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.
- value how to appropriately restore the endodontically treated tooth.

GDC Outcomes: A C



16.30

End



Thursday 14th January

Technical Skills Lab NNUH

Day Session

09.00

Restorative Course (Group 1)

CPD Hrs = 6

Ahmed Al-Khayatt

BChD (Leeds), MFDSRCS (Edinburgh), FDS (Rest Dent) RCPS (Glasgow), FC

This session aims to build on the undergraduate knowledge and understanding of tooth wear and advanced restorative techniques.

Objectives

- Describe tooth surface loss, its diagnose, aetiology and treatment Demonstrate current methods for restoring and replacing tooth tissue in clinical practice.
- Explain how to recognise and diagnose tooth surface loss and its causes
- Demonstrate current methods for restoring and replacing tooth tissue in clinical practice.

Learning Content

- Describe tooth surface loss, its diagnose, aetiology and treatment Demonstrate current methods for restoring and replacing tooth tissue in clinical practice.
- Explain how to recognise and diagnose tooth surface loss and its causes.
- Demonstrate current methods for restoring and replacing tooth tissue in clinical practice.

GDC Outcomes: A C



16.30

End



Friday 15th January

Technical Skills Lab NNUH

Day Session

09.00

Occlusion and Tooth Wear (Group 1)

CPD Hrs = 6

Ahmed Al-Khayatt

BChD (Leeds), MFDSRCS (Edinburgh), FDS (Rest Dent) RCPS (Glasgow), FC

This session aims to build on the undergraduate knowledge and understanding of occlusion and tooth wear.

Objectives

- Define the ideal of the static and dynamic dentition.
- Identify how and when to use a facebow, carry out a comprehensive examination of the articulatory system, record RCP and recognise the relationship between these areas and the principals involved in occlusion.

Learning Content

- Define the vocabulary used in the study of occlusion and recognise the concepts of occlusion and its importance in dental care
- Describe the principles of conformation and reorganisation.
- Identify how and when to use a facebow, carry out a comprehensive examination of the articulatory system, record RCP and recognise the relationship between these areas and the principals involved in occlusion.

GDC Outcomes: A C



16.30

End



Thursday 21st January

Technical Skills Lab NNUH

Day Session

09.00

Restorative Course (Group 2)

CPD Hrs = 6

Ahmed Al-Khayatt

BChD (Leeds), MFDSRCS (Edinburgh), FDS (Rest Dent) RCPS (Glasgow), FC

This session aims to build on the undergraduate knowledge and understanding of tooth wear and advanced restorative techniques.

Objectives

- Describe tooth surface loss, its diagnose, aetiology and treatment Demonstrate current methods for restoring and replacing tooth tissue in clinical practice.
- Explain how to recognise and diagnose tooth surface loss and its causes
- Demonstrate current methods for restoring and replacing tooth tissue in clinical practice.

Learning Content

- Describe tooth surface loss, its diagnose, aetiology and treatment Demonstrate current methods for restoring and replacing tooth tissue in clinical practice.
- Explain how to recognise and diagnose tooth surface loss and its causes.
- Demonstrate current methods for restoring and replacing tooth tissue in clinical practice.

GDC Outcomes: A C



16.30

End



Friday 22nd January

Technical Skills Lab NNUH

Day Session

09.00

Occlusion and Tooth Wear Group 2)

CPD Hrs = 6

Ahmed Al-Khayatt

BChD (Leeds), MFDSRCS (Edinburgh), FDS (Rest Dent) RCPS (Glasgow), FC

This session aims to build on the undergraduate knowledge and understanding of occlusion and tooth wear.

Objectives

- Define the ideal of the static and dynamic dentition.
- Identify how and when to use a facebow, carry out a comprehensive examination of the articulatory system,

Learning Content

- Define the vocabulary used in the study of occlusion and recognise the concepts of occlusion and its importance in dental care
- Describe the principles of conformation and reorganisation.
- Identify how and when to use a facebow, carry out a comprehensive examination of the articulatory system, record RCP and recognise the relationship between these areas and the principals involved in occlusion.

GDC Outcomes: A C



16.30

End



Friday 29th January

Skills Room Oral Surgery NNUH

Day Session

09.00

Oral Surgery

CPD Hrs = 6

Rachel Grimmer and Kate Rustage

Speciality Grade doctor at the Norfolk and Norwich University trust hospital.

The aim of this session is to allow participants to become more competent in oral surgery procedures undertaken in primary care. This session will include the use of flap creation 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.



Learning Content

- Demonstrate the diagnosis, treatment and aftercare of patients requiring exodontia in general dental practice.
- Demonstrate knowledge and application of methods of providing effective simple oral surgery and the instruments used to aid this.
- List the relevant guidance relating to oral surgery procedures in general dental practice.

GDC Outcomes: A B C

16.30

End



Thursday 11th February

Technical Skills Lab NNUH

Day Session

09.00

Restorative Day (Caries Removal,
Amalgam)

CPD Hrs = 6

Ali Chohan

BDS, MJDF RCS (Eng), MFDS RCPS, PGCert Dental Education, FHEA, PGCE

To develop trainees' competence in the safe placement, carving, finishing, and evaluation of dental amalgam restorations, ensuring they meet contemporary clinical, environmental, and medico-legal standards.

Objectives

- *This session aims to assist Foundation Dentists in choosing which materials, equipment, and techniques to employ when directly restoring teeth.*
- *Understand and apply minimal invasive caries removal techniques*
- *Demonstrate practical exercises to reinforce protocols on contemporary matrix selection, placement of amalgam, alongside shaping, finishing and polishing of materials*

Learning Content

- *Describe the status of direct posterior restorations, material selection, cavity design*
- *Demonstrate practical exercises to reinforce protocols on contemporary matrix selection, placement of composite and amalgam, alongside shaping, finishing and polishing of materials.*

GDC Outcomes:



16.30

End



Friday 5th March

Day Session

09.00

Practice Exchange

CPD Hrs = 3

Each FD visiting a different Practice

The aim of the session is for Foundation Dentists to see and experience different modalities of providing dental care and to learn how to assess the merits of different systems

Objectives

- *View and experience dental care provision in a wide range of situations.*
- *Explore and evaluate different systems of healthcare delivery.*
- *Evaluate alternative methods of management and organisation.*

Learning Content

- *Describe different systems for dental care provision.*
- *Identify systems of effective management.*
- *Explain how local demographic conditions can lead and inform practice management and organisation.*

GDC Outcomes: A B D



16.30

End



Friday 19th March

Bob Champion Research Building NNUH

Day Session

09.30

Speed Dating

CPD Hrs = 6

Filip Zigic

TPD

To strengthen Foundation Dentists' ability to analyse, discuss, and treatment-plan complex clinical cases through structured small-group discussions, preparing them for formal case presentations and multidisciplinary decision-making.

Objectives

- *Work in small groups to analyse complex patient cases, focusing on diagnosis, risk assessment and developing safe, evidence-based treatment plans.*
- *Present clinical reasoning clearly and concisely while comparing different treatment approaches, gaining insight into how experienced clinicians justify decision-making.*
- *Use targeted feedback to refine treatment-planning skills and strengthen preparation for formal complex case presentations later in the DFT year.*



Learning Content

- *Discuss complex cases with greater confidence, presenting structured treatment options clearly and logically while applying clinical guidelines and risk-based thinking.*

GDC Outcomes: A B D

16. 30

End



Friday 9th April

Virtual Remote Learning Platform - Links to be confirmed

Morning Session

09.00

Medico Legal

CPD Hrs = 6

Nick Barker

Prof. BDS MSc FHEA MDTFEd MFGDP(UK) PGCME

The aim of this session is to provide a comprehensive knowledge base concerning the medicolegal issues that present themselves in general dental practice. The session will discuss the management of complaints that may arise alongside common ethical dilemmas.

Objectives

- List the regulations and requirements regarding record keeping and dealing with complaints.
- Discuss the regulations surrounding the process of correct management of patient complaints within General Dental Practice.
- Describe the ethical guidance provided for teams working within General Dental Practice.

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



17.00

End



Friday 16th April

Bob Champion Research Building NNUH

Day Session

09.00

Practice Exchange Feedback

CPD Hrs = 6

Filip Zlgic

TPD

Discussions and Feedback on PPractice Exchange on 5th march 2027

The aim of the session is for Foundation Dentists to see and experience different modalities of providing dental care and to learn how to assess the merits of different systems



Objectives

- *View and experience dental care provision in a wide range of situations.*
- *Explore and evaluate different systems of healthcare delivery.*
- *Evaluate alternative methods of management and organisation.*

Learning Content

- *Describe different systems for dental care provision.*
- *Identify systems of effective management.*
- *Explain how local demographic conditions can lead and inform practice management and organisation.*

GDC Outcomes: A B D

16.30

End



Thursday 29th April

Technical Skills Lab NNUH

Day Session

09.00

Restorative Course (Moisture Control, Composites)

CPD Hrs = 6

Ali Chohan

BDS, MJDF RCS (Eng), MFDS RCPS, PGCert Dental Education, FHEA, PGCE

This session aims to assist Foundation Dentists in choosing which materials, equipment, and techniques to employ when directly restoring teeth

Objectives

- Describe the status of direct restorations, material selection, cavity design and where relevant, bonding protocols.
- Define how isolation/moisture control aids the placement of certain materials
- Demonstrate practical exercises to reinforce protocols on contemporary matrix selection, placement of composite, alongside shaping, finishing and polishing of materials.

Learning Content

- Describe the status of direct restorations, material selection, cavity design and where relevant, bonding protocols.
- Define how isolation/moisture control aids the placement of certain materials.
- Demonstrate practical exercises to reinforce protocols on contemporary matrix selection, placement of composite, alongside shaping, finishing and polishing of materials.

GDC Outcomes: A C



16.30

End



Friday 28th May

Bob Champion Research Building NNUH

Day Session

09.00

Communication Skills

CPD Hrs = 6

Anthony Asquith

Psychotherapist and Communication Specialist

To enhance Foundation Dentists' communication, behavioural-management, and interpersonal skills through practical, psychologically-informed techniques that improve patient interactions, team relationships, and clinical confidence.

Objectives

- Learn practical communication strategies, including NLP-based approaches, to help reassure and support anxious patients during treatment.
- Develop active-listening skills to improve understanding, strengthen rapport, and enhance your ability to influence patient behaviour positively.
- Use simple, effective techniques to communicate confidently and assertively, helping you build better working relationships with patients and colleagues.

Learning Content

- Demonstrate more effective communication with both patients and colleagues, leading to smoother, more confident clinical interactions.
- Use improved listening and rapport-building skills to positively influence patient behaviour, motivation, and engagement with treatment.
- Show greater confidence and professionalism when managing challenging or assertive interactions in the surgery or wider team.

GDC Outcomes: A B D

16.30

End





Friday 11th June

Bob Champion Research Building NNUH

Day Session

09.00

Finance, Accounting & Contracts

CPD Hrs = 6

Richard Keeler

Dental Finance and business consultant

This session aims to inform the Foundation Dentists of the relevance of finance to their personal and professional lives. It will explore the risks and benefits of different types of professional contracts and the associated financial responsibilities.



Objectives

- Examine the financial models and schemes, both NHS and non-NHS, in use for the provision of dental treatment in general practice and other relevant clinical environments.
- Discuss the methods of remuneration for dental employees and associates (self-employed) including the associated taxation, superannuation and income protection processes applicable within the UK.
- Describe the requirements for financial management and record keeping for personal and practice situations.

Learning Content

- Explain the requirements for financial records keeping and management at an individual and practice level.
- Describe the UK HMRC requirements for general dental practitioners at both a personal and practice level.
- Demonstrate good personal financial management regarding income, employment, income protection and pension provision, both within and outside the NHS.

GDC Outcomes: B D

16.30

End



Friday 25th June

Bob Champion Research Building NNUH & Technical Skills Lab

Day Session

09.00

Removable Prosthodontics

CPD Hrs = 6

Akhtar Khan

BDS (UCLan) MPharm MFDS RCS Edinburgh

This session aims to describe the principles of successfully providing prosthetic treatment in a general dental practice setting.

Objectives

- Describe the planning, designing, prescription and delivery of effective full and partial prostheses, including communication with the dental laboratory team, to provide effective patient care.
- Explain the methods of obtaining and interpreting diagnostic casts and gathering other relevant data in formulating a diagnosis, prognosis and treatment plan for patients requiring prosthodontic treatment.
- Demonstrate the planning, designing, prescription and delivery of effective full and partial prostheses, including communication with the dental laboratory team, to provide effective patient care.

Learning Content

- Describe the planning, designing, prescription and delivery of effective full and partial prostheses, including communication with the dental laboratory team, to provide effective patient care.
- Explain the methods of obtaining and interpreting diagnostic casts and gathering other relevant data in formulating a diagnosis, prognosis and treatment plan for patients requiring prosthodontic treatment.
- Demonstrate the planning, designing, prescription and delivery of effective full and partial prostheses, including communication with the dental laboratory team, to provide effective patient care.

GDC Outcomes: A B C



16.30

End



Friday 9th July

VenueTBC

Day Session

09.00

Quality Improvement Symposium

CPD Hrs = 6

Various

This conference aims to celebrate the achievements of completing your Foundation or Core Training. It is designed to build professionalism and inspire attendees by offering the opportunity to: network with colleagues. witness the exceptional work being produced by colleagues across the East of England. compete for Presentation and Poster awards for inclusion in their professional portfolios. learn about career pathways and opportunities.



Objectives

- Identify possible routes into dental research.
- Share insight about different fields within dentistry
- Inspire FDs by presenting examples of exceptional work by Dental Core and Dental Foundation Trainees

Learning Content

- Recognise the experience of professional behaviours and expectations in a conference environment.
- Describe the various pathways and opportunities available to them at the completion of their Dental Foundation Training year.
- Identify exceptional work at varying levels of the dental profession.

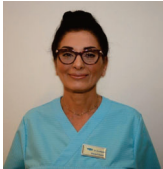
GDC Outcomes: A B C D

16.30

End



Educational Supervisors and Foundation Dentists Pairs



Mandana Atashkadeh



Preksha Rai



Isshika Verma

Pair A



Stuart McCance



Ruhi Shah



Zoe Cobb

Pair B

Hitchin Dental, Rear of 84/85 Bancroft, Hitchin, SG5 1NQ



**Adam Smith
Ben Warminger**



Sunil Panchal



Eleanor Brooks

Pair C

Practice Address

Practice Phone Number



Norwich 24 Month Scheme Buddy ES Pairings 2026-2028

Foundation Dentist	Educational Supervisor(s)	Buddy ES(s)
Preksha Rai	Mandana Atashkadeh	Stuart McCance
Isshika Verma	Mandana Atashkadeh	Stuart McCance
Ruhi Shah	Stuart McCance	Ben Warminger and Adam Smith
Zoe Cobb	Stuart McCance	Ben Warminger and Adam Smith
Sunil Panchal	Ben Warminger and Adam Smith	Mandana Atashkadeh
Eleanor Brooks	Ben Warminger and Adam Smith	Mandana Atashkadeh



Core Placements and Educational Supervisors

Rotation	Pair	Names
1st Sept 2026 - 30th Apr 2027	A	Preksha Rai Isshika Verma
1st May 2027 - 31st Dec 2027	B	Ruhi Shah Zoe Cobb
1st Jan 2028 - 31st Aug 2028	C	Sunil Panchal Eleanor Brooks

CDS CIC, Siskin Dental Centre

Siskin Dental Centre, Bowthorpe Road, Norwich, Norfolk. NR2 3TU

Rotation	Pair	Names
1st Sept 2026 - 30th Apr 2027	B	Ruhi Shah Zoe Cobb
1st May 2027 - 31st Dec 2027	C	Sunil Panchal Eleanor Brooks
1st Jan 2028 - 31st Aug 2028	A	Preksha Rai Isshika Verma

Norfolk and Norwich University Hospital

Norfolk and Norwich University Hospitals NHS Foundation Trust , Colney Ln, Norwich NR4 7UY

Rotation	Pair	Names
1st Sept 2026 - 30th Apr 2027	C	Sunil Panchal Eleanor Brooks
1st May 2027 - 31st Dec 2027	A	Preksha Rai Isshika Verma
1st Jan 2028 - 31st Aug 2028	B	Ruhi Shah Zoe Cobb

Norfolk and Norwich University Hospital

Norfolk and Norwich University Hospitals NHS Foundation Trust , Colney Ln, Norwich NR4 7UY



Core Study Days Year One

Wednesday 9th September DCT Induction Day

Digital Health Centre, Sisskin House Norwich



Wednesday 2nd December DCT & ES Day

Digital Health Centre, Sisskin House Norwich



Wednesday 3rd March Content of Study Day TBC

Digital Health Centre, Sisskin House Norwich



Wednesday 5th May Content of Study Day TBC

Digital Health Centre, Sisskin House Norwich





Online Learning

2026-2028

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://East of England elfh Hub(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://EastofEnglandelfhHub(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

2026-2028

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 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: 4th December 2026 - Submissions close: 8th January 2027

Milestone 3

Submissions open: 23rd April 2027 - Submissions close: 28th May 2027

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

2026-2028

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

2026-2028

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/>

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

Norwich 24 Month 2026-2028

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

Filip Zigic
01279654097
filip.zigic1@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

2026-2028

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

2026-2028

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.

NHSmal 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.