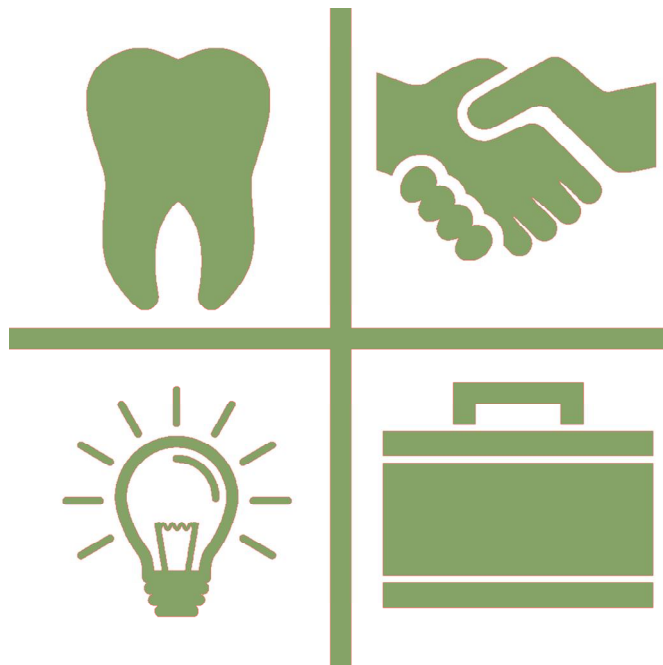


Stevenage Dental Foundation Training Scheme

Spring Term Programme 2019



Developing people
for health and
healthcare

www.hee.nhs.uk

Lister Education Centre





Stevenage Dental Foundation Training Scheme

Lister Education Centre

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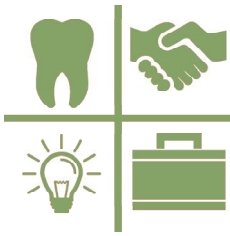
Spring Term

Venues and Subjects



Friday 01st February	Managing the developing dentition Perio in practice	<i>Lister Education Centre, Stevenage</i>
Friday 08th February	NHS rules and Regulations PDPs and CPD	<i>Lister Education Centre, Stevenage</i>
Friday 15th February	Endodontics in practice (2)	<i>Lister Education Centre, Stevenage</i>
18 - 24th February 25 Feb - 01 March	Practice Exchange week Exchange CBds and Adepts	<i>Practice based</i>
Thursday 07th March	Health and Safety in General Dental Practice	<i>Lister Education Centre, Stevenage</i>
Thursday 14th March	Bridges and veneers in practice	<i>Basildon Simulation Suite</i>
Friday 15th March	Dental Trauma Endo case presentations	<i>Lister Education Centre, Stevenage</i>
Thursday 21st March Friday 22nd March	HEE o E Scheme residential	<i>Wyboston Lakes hotel, Wyboston</i>

Registration for all study days is 09.00
Business session 09.15-09.30
Study day sessions start promptly at 09.30



Spring Term

Venues and Subjects

Important Dates and Deadlines Spring 2019

Mid year visits	January
First day Spring Term	Friday 01st February
ES IRCP report submission	Friday 01st February
Interim Review of Competency Progression (IRCP)	Monday 25th February
Exchange Adepts and CbDs	February/March
Case presentation submission	Friday 01st March
Foundation skills submission	Friday 01st March
Mini case presentation Molar endodontics	Friday 15th March
ES Meeting LEC 16.00	Friday 15th March
Last day of term	Friday 22nd March

Project work Spring 2019

Case presentation—molar endodontics	Friday 15th March
Foundation Skills	Friday 01st March



Morning Session

CPD = 3.5 Hrs

09.00 Managing the developing dentition.

Dr. Stephen Denny.

General Dental Practitioner



Many practices do not have contracts for orthodontics. However our younger patients need to be monitored during their dental development to assess their needs for orthodontic treatment.

When should you refer?

What should you refer?

What treatment is available under the NHS?

And what is the IOTN?

Today you will learn more about the developing dentition, how to assess it and when referral is appropriate.

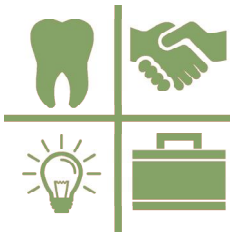


Objectives

- *To look at orthodontic assessment and clinical record keeping*
- *To explore orthodontic treatment options within the NHS*
- *To look at the variety of orthodontic systems now available*

Learning outcomes

- *A better understanding of the developing dentition*
- *How IOTN is used and is useful*
- *When to refer*
- *Appropriate referral pathways*
- *In practice orthodontic systems*



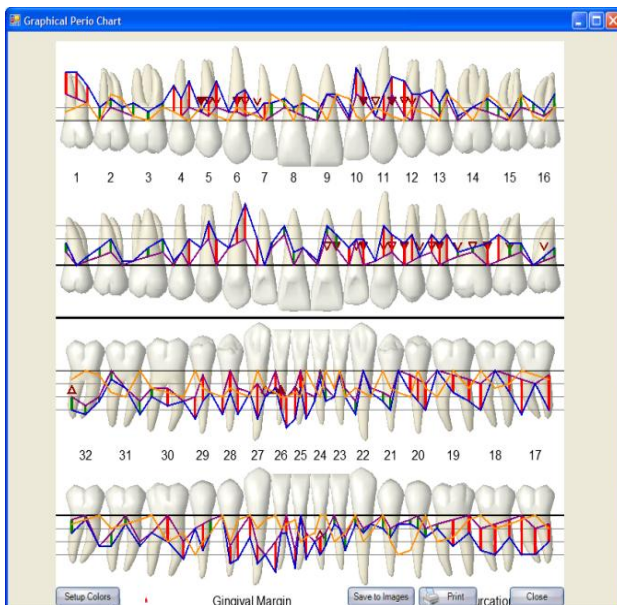
Friday 01st February

Lister Education Centre, Stevenage

Afternoon Session

CPD = 3 Hrs

14.00 **Perio in practice.**



Dr. Richard Horwitz.
Specialist periodontist

With more patients retaining their dentition into old age, assessing and managing periodontal disease is of ever increasing importance. Correct assessment is fundamental to good treatment planning and optimising outcomes.

You will explore how we assess our patients for periodontal disease.

What are the problems? When should we treat and when should we refer?

What are our on going responsibilities for maintenance and monitoring of patients?

Today we will be looking at how you assess risk factors and assess you patients in practice.

What successes have you had and how do you measure this?

How well do you motivate non-compliant patients? What are their responsibilities and how well do you explain these?

What are the realities of providing high quality periodontal care in general practice.

Objectives

- *To explore periodontal assessment techniques, management and record keeping*

Learning outcomes

- *A better understanding of periodontal assessments and guidelines*
- *Improved clinical assessment*
- *Improved patient education techniques*
- *When to treat and when to refer*
- *Periodontal treatment under NHS regulations*



Morning Session

CPD = 3 Hrs

09.30 NHS rules and Regulations.

Dr. Tom Norfolk.

Dental Practice Adviser NHS England



You have been working within the NHS rules and regulations for several months now. Dentists always argue that there is room for interpretation which can justify their actions, but how true is this? What is your knowledge level and should it be better?

You are on the NHS Performers list and if your activity is 'unusual', you may find yourself under investigation. What would this mean? What sanctions do NHS England have and what does being on the Performer's list really mean?



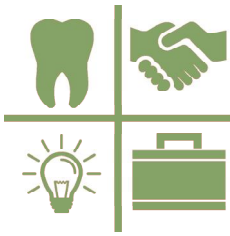
Today you will have the actual rules and regulations clarified. You will gain an understanding of the role of NHS England, Performer List requirements, breach of Performer List contract

Objectives

- *To explore the details of NHS rules and regulations and how they apply to your work*
- *To understand the working of NHS England and Performer List regulations*
- *To understand breaches of contract*
- *To improve your knowledge of the NHS regulatory system and decrease the chance of GDC referral*

Learning outcomes

- *A better understanding of NHS rules and regulations*
- *Correct application of NHS regulations when providing patients with treatment options*
- *An understanding of the role and workings of NHS England*



Friday 02nd February

Lister Education Centre, Stevenage

Afternoon Session

CPD = 3 Hrs

14.00

PDPs and CPD. The GDC - Where next?

Dr Elinor Japp.
TPD



This session will help you look at your own strength, weaknesses and what you have to offer as a young dentist. Where do you want to be in 5 or 10 years time and how might you achieve your true potential? What are the pitfalls?

Key to planning and compliance with our regulator is building an effective PDP and CPD programme. After DFT you will need to be able to self direct yourselves.

How do you use and build a PDP and why bother?

How can this be a life saver with the GDC?

Objectives

- *To understand the use and value of a PDP*
- *To understand DP requirements*
- *To understand your own personal and professional aspirations*
- *To explore the potential work arenas and opportunities*

Learning outcomes

- *A clearer understanding of your personal priorities, strengths and weaknesses*
- *Greater insight into the GDC and regulatory processes*
- *Knowledge of how to construct and maintain a PDP and evidence CPD*



Bring your laptop



Day Session

CPD = 6 Hrs

09.30 Endodontics in Practice

Dr. Shashi Mishra
Specialist Endodontist



You will all have undertaken endodontic treatments in practice with varying levels of enthusiasm, success and frustration. Preparing and obturating teeth does not always proceed as the textbook suggests, so what factors influence our practice? How can we obtain the best result?

In the second of our hands-on endo days you will have the opportunity to discuss your own cases and the challenges you have encountered.

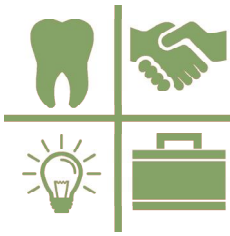
You will be able to further refine your clinical skills with another hands on session.

Objectives

- To learn about rotary preparation of teeth
- To discuss obturation techniques
- To discuss your challenging endodontic cases
- To practice rotary preparation and obturation on extracted teeth

Learning outcomes

- To gain better understanding of the medicolegal structures and systems
- To realise the responsibilities of being a professional person
- To understand the role of dental indemnity companies
- To understand the requirements for clinical record keeping and be able to critique your



Monday 19th to Friday 23rd February

Practice Exchange Visits

CPD = 6 Hrs

You need to arrange to visit TWO training practices within the scheme.

You will spend one session ie am or pm in each practice.

You can visit two practices on one day or split your visits over two days. You can only have two sessions out of your own practice.

During the visit you will be expected to

Have a tour of the surgery– this can be given by your host FD or another member of the practice team

Observe your host FD treating a patient and assess them using the Adept. Give them feedback and score the adept on the portfolio.

Have a mock job interview with the ES– **You will need to check with the ES that the date and time are convenient for them.**

There can be no more than 2 FDs visiting any one practice.

You will need to write up a reflection of c1000 words comparing and contrasting the practices you have visited

Objectives

- *To visit other dental practices*
- *To compare and contrast different working environments*
- *To observe a peer treating a patient*
- *To perform an Adept on a fellow FD*
- *To realise the challenges of assessment within the workplace*
- *To gain interview experience*

Learning outcomes

- *To be aware of the differences between dental practices*
- *To know what sort of working environment you would like to work in after DFT*
- *To improve your observational, feedback and assessment skills*



Outreach Project– Community Engagement



We live very privileged lives as professional people. However there are many less fortunate people and we have a responsibility towards all members of our society.

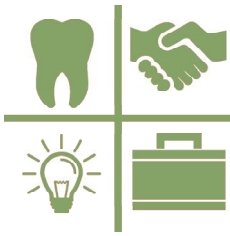
As part of the DFT year you will have the opportunity to design projects and deliver interventions to help improve the lives of others.

You should be thinking about which groups you would like to help, your aims and how you will achieve these and measure the impact of your efforts.

Exchange ADEPTs and Cbds

During the term you will be visited in your practice by another Educational Supervisor. They will observe an Adept and you will do a case based discussion together. They will provide feedback and mark your performance on the portfolio.

The aim of this exchange is to ensure moderation amongst the ES group and for you to have the opportunity to be assessed by at least 3 different assessors during the year. This should give you confidence that you are being assessed fairly and consistently in relation to your peers within DFT.



Thursday 07th March

Lister Education Centre, Stevenage

Day Session

CPD = 6 Hrs

09.30 Health and Safety in General Dental Practice

Mrs Jane Bonehill
Director DenMed UK



Employers are required to protect the health and safety of people while at work and others who may be affected by the undertakings. Thousands of accidents and cases of ill health happen in workplaces every year, some are reported to the enforcing authorities, however, many go unreported. A fundamental aspect of health and safety is to take measures aimed at preventing accidents and protecting people. Employers and employees need to work together in order to achieve good health and safety standards. Employers must inform, instruct and train their staff on all aspects relating to safe working practices in order to achieve acceptable standards. Good health and safety standards make good business

Objectives

- *To explore concepts of health and safety in general dental practice.*
- *To think how we need to apply H&S on a daily basis*
- *To understand how H&S regulations impact on our working lives*

Learning outcomes

- *Understand the principles of occupational health and safety and apply this knowledge in the workplace.*
- *State and understand the scope of legal and moral responsibilities whilst at work.*
- *Understand the principles of accident prevention and the need to report accidents including near misses*
- *Understand the importance of risk assessment and the practical actions to improve health and safety*
- *Be aware of the hazards and risks associated with the workplace, work equipment, work activities, fire, display screen equipment and hazardous substances*
- *Determine reasonable methods to control risks associated with all aspects of the working environment*



Morning Session

CPD = 3 Hrs

09.30 Bridges in general dental practice

Dr Glen Taylor

General Dental Practitioners



What are the indications and contraindications for bridges?

What types are there? And what should you use, when and where?

What do you need to consider when preparing anterior and posterior bridges?

What burs do you use and what are the different types for?

How do you temporise?

Objectives

- *To explore the indications and contraindications for bridges*
- *To understand the rationale of bridge prescription*
- *To think about your communication with the technician*
- *To practice some bridge preps and evaluate your work*

Learning Outcomes

- *A better understanding of treatment planning, assessment of the dentition and indications and contraindications for the provision of bridges.*
- *A wider appreciation of the types of bridges available and their uses*
- *Improved clinical technique and confidence in bridge preparation and temporisation*
- *A greater knowledge of dental materials and their applications to advanced restorative cases*

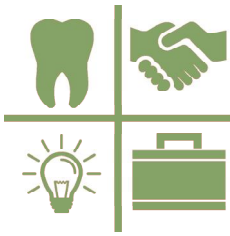
Things to bring

4 extracted teeth set up in putty or plaster which you can prepare for a posterior and an anterior bridge

4 anterior teeth set up in putty or plaster which can be prepared for veneers

The temporary crown material you use in practice

The crown burs you use in practice



Thursday 16th March

Basildon Simulation Centre, Basildon

Afternoon Session

CPD = 3 Hrs

14.00

Veneers in general dental practice

Dr Glen Taylor

General Dental Practitioner



What do you want to know about veneers? How many have you seen and how successful have they been? What are the problems and what are the indications and contraindications for their use?

In this session you will be learning more about veneers and how to get the optimal aesthetic results.

You will be able to practise your preparations and improve your clinical skills.

This practical session will be accompanied by an Q&A-everything and anything you want to know about veneers– this is your chance!

Objectives

- *To learn about the variety of veneer preparations*
- *To understand the rationale of veneer prescription*
- *To think about your communication with the technician*
- *To practice some veneer preps and evaluate your work*

Learning Outcomes

- *A better understanding of the indications for and uses of veneers*
- *A greater understanding of the types of materials available for veneers*
- *Broadened range of treatment options for patients*
- *Improved knowledge of and proficiency in clinical preparations of veneers*



Morning Session

CPD = 3 Hrs

9.30 **Dento-alveolar Trauma.**

Dr Philippa Warner.
Special Care Dentist



In your career you will encounter patients who have suffered dento-alveolar trauma to varying degrees. The effects of this can be devastating to the patient.

Initial management will have directly affect the short and long term outcomes for the patient.

How do you assess the patient?

What guidelines are available ?

How can you provide the best care for your patient? What should you do?

How do you assess the prognosis?

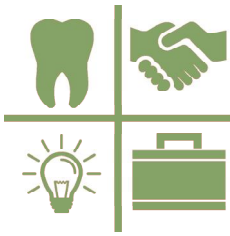
What do you need to tell the patient?

Objectives

- *To learn how to assess and manage dento alveolar trauma effectively*

Learning outcomes

- *A clear understanding of the different types of trauma and how they should be managed*
- *Greater confidence in patient management*
- *Knowledge of current guidelines and their application*
- *Knowledge of potential outcomes and better patient communication*



Friday 15th March

Lister Education Centre, Stevenage

Afternoon Session

14.00

Case presentations Molar endodontics-aspiring to greatness



'I realise how far I have come with molar endo. When I see it on my day list, I no longer feel suicidal, just merely dejected' FD reflection

In this session you will be presenting your molar endo case for peer review and feedback.

Molar endo is one of the most technically challenging and traditionally least favourite occupations in dentistry. However you need to be able to offer this option to patients being confident that you have the skills to provide excellent outcomes.

Objectives

- *To present your molar endo case*
- *To receive peer review and feedback on your work and presentation skills*

Learning Outcomes

- *Improved ability to critically appraise your own work and that of others*
- *Understanding the quality of your outcomes and areas for development*
- *Better presentation skills and greater confidence in public speaking*

Thursday 21st March

Wyboston Lakes Hotel



Welcome to Wyboston Lakes

Great North Road, Wyboston, Beds MK44 3AL

This is a residential course for the Bedford, Peterborough and Stevenage Dental Foundation Training Schemes.

Registration is from 09.00-09.15

Twin room accommodation has been arranged at Wyboston Lakes for the evening of Thursday 21st March 2019.

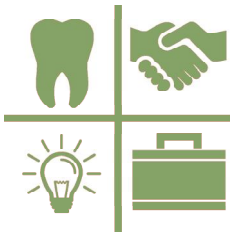
You will need smart casual clothes for the day sessions and evening.

You will need sportswear which you are happy to get muddy and /or dirty.

This residential will be focusing on two main areas:

- The transition from DFT to life in practice

- Mental health, burnout and resilience



Thursday 21st March

Wyboston Lakes Hotel

Travelling to Wyboston

Please leave sufficient time to allow a prompt start.

There will be traffic. You will be travelling a peak time.

There are variable speed limits on the A1. Please observe these carefully so as to avoid penalties.

There is plenty of free car parking space at the venue.

Distance to from M25/A1 interchange to Venue:

39 Miles



Thursday 21st March

Wyboston Lakes Hotel



Day Session

CPD = 6 Hrs

09.30

Life after Dental Foundation Training



Dental Defence Union
Medical Money Management
Hempsons
Humphrey and Co

You will be working in two groups with members from each scheme. There will be a variety of talks from our specialist speakers

09.30	Introduction from DDU
09.45	Session One
10.45	Break
11.15	Session Two
13.15	Lunch
14.15	Session Three
15.15	Session Four
16.00	Close

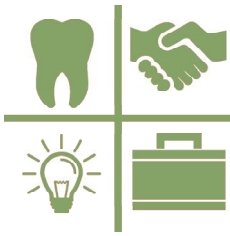
Objectives

- *To explore the dento-legal and ethical dilemmas faced in general dental practice*
- *To discuss business finance-looking at selecting, buying and running a successful practice*
- *To look at associate contracts and employment law-how to get help and advice*
- *To look at how to manage your finances, assets and investments as an associate*

Learning Outcomes

- *To have a greater understanding of the ethical challenges faced by associates*
- *To appreciate the financial structures underpinning successful dental practice*
- *Better knowledge of the relevance and application of employment law in relation to an associate position*
- *To be better able to evaluate your own financial position, financial management and aspirations.*

GDC domains: B,D



Thursday 21st March

Wyboston Lakes Hotel

Evening Session

Bedford, Peterborough and St. Evenage Dentathlon



Whilst we prize intelligence, manual dexterity, communication skills and perfectionism in our profession, there are occasions when brawn and not brain are important.

To balance the intellectual rigours of the residential, the schemes will have the opportunity to demonstrate their physical prowess by competing against one another in a variety of sporting events.

These events will provide an opportunity for all FDs to participate.

Each scheme will present an opening haka. This does require teamwork and preparation and your TPD can advise you further.

Rules of combat

No cheating. No bad language. No fighting..

The decision of the referee is final.

Suitable clothing must be worn. Please bring sportswear, trainers and thin gloves (optional but advised). You should be prepared for this to get dirty.

Failure to do this will result in a points penalty for your team.

If you have any medical conditions which would prevent you from participating, please mention these to your advisor PRIOR to the residential. All information will be strictly confidential.

In the event of bad weather, we will be having indoor events exploring the worlds of dentistry, the banal and beyond.....

The winning team will be presented with the coveted Super Seven Cup.

Friday 22nd March

Wyboston Lakes Hotel



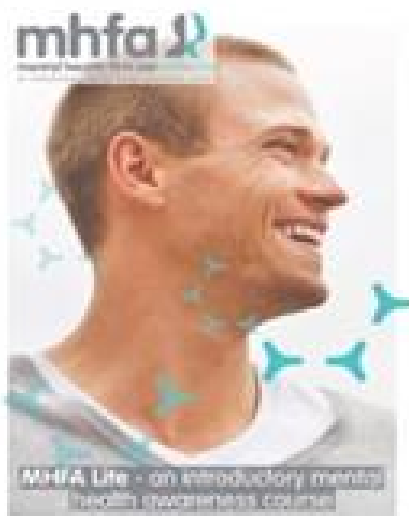
Morning Group A / Afternoon Group B

CPD = 6Hrs

09.30

Mental Health First Aid Lite

Mrs. Ceri Whybrow
Mental Health Trainer



Mental health issues are becoming more prevalent.

There is prejudice and stigma associated mental illness but why?

Illness is indiscriminate and affects both our patients and our profession. How can we recognise symptoms? What should we do and how can we best support our patients and colleagues?

This introductory course is designed to explore the current issues surrounding mental health, to raise your awareness and improve your ability to support those in need.

Learning aims and Objectives

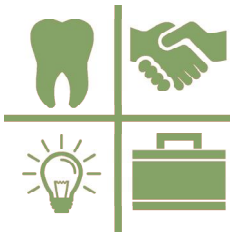
- Gain a wider understanding for themselves and others, of some issues surrounding mental health
- Gain a greater understanding of how and why positive and negative mental health affect business
- Work more effectively with people experiencing mental health problems

Learning Outcomes

By the end of the course participants will be able to:

- Identify the discrimination surrounding mental health problems
- Define mental health and some mental health problems
- Relate to people experiences
- Help support people with mental health problems
- Begin developing a business case for promoting positive mental health in the

GDC domains: A,B,D



Friday 22nd March

Wyboston Lakes Hotel

Morning Group B / Afternoon Group A

CPD = 6Hrs

09.30 **Burnout and resilience**

Dental Protection Limited



Dentistry is a very rewarding career. However it is also recognised to be very stressful and demand resilience from its professional teams.

To stay well and thrive you need to understand the nature of stress, the signs of burnout either in yourself and/or other members of your team.

Increasing demands placed upon the modern clinician means measurable burnout is significant and increasing. This has a direct and indirect effect on dentolegal risk. This workshop is designed to inform and empower practitioners to manage this threat to themselves and patient safety.

Objectives

- To understand the concepts of burnout and resilience
- To explore how your behaviour contributes to risk and patient safety
- To learn about risks posed by burnout
- To think about or mitigate the effects

Learning Outcomes

- Enhance your understanding of the evidence around resilience, burnout and risk
- Be able to recognise signs of burnout
- Appreciate the need to respect individual and organisational resilience
- Develop strategies for recovery

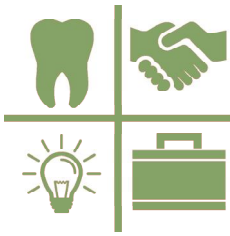
GDC domains: A,B,D

PML Evidence

Sessional Content for e-Portfolio



	Orthodontics	Perio	NHS regulations	PDP/CPD/GDC	Endodontics	Health and Safety	Bridges & veneers	Dental Trauma	Case presentations	Transition from DFT	Mental health and burnout
Professionalism											
Appraisal											
Clinical audit and peer review				✓							
Confidentiality	✓										✓
Ethical behaviour	✓	✓	✓	✓	✓	✓	✓			✓	
Critical evaluation	✓	✓	✓	✓	✓		✓	✓	✓		
Decision making		✓	✓				✓	✓	✓		✓
GDC Scope of Practice	✓		✓	✓							
Whistleblowing			✓			✓				✓	
Management of difficult patients										✓	
Patient safety						✓		✓			✓
Self-awareness				✓		✓			✓	✓	✓
Professionalism and Management											
Basic Life Support training											
Consent	✓	✓	✓		✓		✓	✓			
Equality & Diversity											
GDC Standards			✓	✓		✓				✓	✓
NHS complaints procedure			✓								
Referring patients	✓	✓	✓		✓		✓	✓			
Management											
COSHH regulations						✓					
Dental equipment selection, care and maintenance					✓		✓				
Data Protection			✓								
Employment contracts/associate agreements for dentists										✓	
Employment Law basics										✓	
Finance										✓	
Health & Safety requirements in dentistry					✓	✓					
Infection control procedures		✓			✓	✓					
NHS prescribing		✓									
NHS Rules & Regulations in Dentistry		✓					✓	✓	✓		
Prescribing, directing, taking, processing and interpreting radiographs		✓						✓	✓		
Range and scope of NHS dental care	✓	✓	✓		✓		✓	✓			
Record keeping	✓	✓	✓		✓		✓	✓	✓		
Use of emergency drugs											
Information Governance						✓					
Safeguarding Children and Adults						✓		✓			✓
Leadership											
Facilitating learning in others				✓		✓					✓
Quality management and improvement				✓		✓				✓	✓
Role model				✓		✓					✓
Teamwork						✓				✓	✓



Calendar 2019

2019

January

Practice Mid Year Visits - dates and time to be arranged.

Friday 01st Feb **First Day of Spring Term**

Monday 17th-Friday 23rd Feb

Practice Exchange week

Friday 15th March

ES meeting– LEC 16.00

Friday 22nd March **Last day of Spring Term**

Friday 4th May **First Day of Summer Term**

Clinical Audit presentations

Friday 29th June **Last Day of Summer Term**

Final Case presentations