

Suffolk and North East Essex Dental Foundation Training Scheme

Autumn Term Programme 2023-2024





Suffolk and North East Essex Dental Foundation Training Scheme

Ipswich Postgraduate Medical and Dental Education Centre

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Suffolk and North East Essex Dental Foundation Training Scheme

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Suffolk and North East Essex Dental Foundation Training Scheme

Ipswich Postgraduate Medical and Dental Education Centre



The Postgraduate Education Centre is located on site at Ipswich Hospital and is responsible for planning and promoting medical and dental education within the Trust and on a Regional level.

The Centre aims to provide the infrastructure and support to facilitate the education, training and continuing development of health care from around the country.

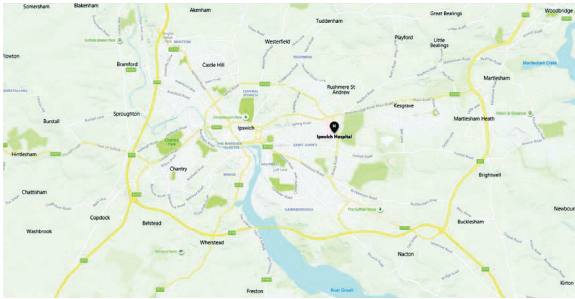


Ipswich PGME has an on site Dental Skills Centre, providing specialist hands on training for Foundation Dental Programs as well as CPD and DWD courses. The equipment and facilities are regularly updated. The most recent additions include a new x-ray room, a portable interactive presentation unit and large microscope.

Our training is well supported by the local Maxillofacial and Oral Surgery department who provide an exclusive insight into hands on dentistry within a hospital environment. Our library is an additional resource that is available to all who wish to utilise the study space and resources.



Location and Map



Ipswich Hospital is situated just outside of the town centre.

The Hospital is well served by the following methods of public transport:

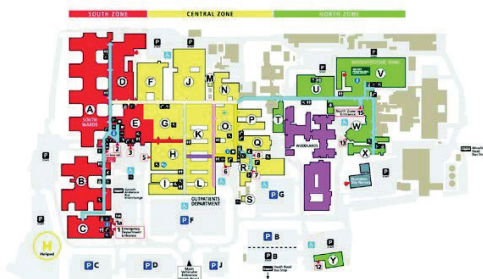
By Bus: There are bus stops inside the hospital grounds, just outside the Garrett Anderson Centre (Emergency department) and on Woodbridge Road, near a pedestrian entrance to hospital grounds.

By car or motorbike: Exit the A14 at junction 57 on to the A1189. Continue on the A1189 and follow the signs to the hospital.

Parking at Ipswich Hospital: There is on site parking available to all visitors and staff, however this is limited so it is important to arrive at the hospital in good time before each study day.

By Train: Ipswich has two railway stations: Ipswich Rail Station (IPS) is 4.7 miles from the hospital. The station has a taxi rank. The 66 bus runs between the train station and the hospital.

Derby Road Rail Station (DBR) is 1.3 miles from the hospital. The station does not have a taxi rank. The 6 bus runs from nearby Foxhall Road to the pedestrian entrance to hospital grounds opposite Adelaide Road. From Derby Road Rail Station the hospital is a 20 minute walk via Foxhall Road and Pearson Road.





Autumn Term

Venues and Subjects

Friday 1st September

Regional Induction - Welcome and Introduction
The Role of the Lead Employer in DFT
The Role of the GDC
Using the Dental ePortfolio

Virtual Remote Learning Platform - Links to be confirmed.

Friday 1st September

Brief Virtual Meeting with Training Programme Director

Virtual Remote Learning Platform - Links to be confirmed.

Friday 8th September

Scheme Induction - Introduction and Welcome to the
Suffolk and North East Essex Scheme
Nuts and Bolts of DFT
Relationships in the Training Practice

Dental Skills Room Ipswich

Friday 15th September

Clinical Skills Refresher

Dental Skills Room Ipswich

Friday 22nd September

Paediatric Dentistry
E - Learning SCRIPT

Virtual Remote Learning Platform - Links to be confirmed.

Thursday 5th October

Oral Surgery

Dental Skills Room Ipswich

Friday 6th October

Endodontics 1

Dental Skills Room Ipswich

Friday 13th October

Communication Skills

Dental Skills Room Ipswich

Friday 20th October

Early-Stage Review

Online

Thursday 26th October	Anterior Restorations	<i>Dental Skills Room Ipswich</i>
Friday 27th October	Posterior Restorations inc Composite and Amalgam	<i>Dental Skills Room Ipswich</i>
Friday 3rd November	Milestone 1 Presentation : Emergency Case Presentation	<i>Online</i>
Friday 10th November	E - Learning E LfH	<i>Persona Study</i>
Friday 17th November	E-Learning e-LfH + BDA Oral Cancer Toolkit	<i>Personal Study</i>
Thursday 23rd November	NHS Rules and Regulations Clinical Photography	<i>Online</i>
Friday 24th November	Radiography Clinical Skills Refresher Treatment Planning	<i>Online</i>
Thursday 30th November	Posterior Crown Preparations and Onlays	<i>Dental Skills Room Ipswich</i>
Friday 1st December	Anterior Crown Preparations and Veneers	<i>Dental Skills Room Ipswich</i>
Friday 8th December	Orthodontics	<i>Online</i>
Friday 15th December	End of Term Review with Foundation Dentists	<i>Online</i>

Important Dates and Deadlines

e-Learning (Script)

Friday 22 September 2023

Early Stage Review	Friday 20 October 2023
Milestone 1 - Emergency Case	Friday 3 November 2023
e-Learning (e-LFH)	Friday 10 November 2023
e-Learning e-LFH + BDA Oral Cancer Toolkit	Friday 24 November 2023
Autumn End of Term	Friday 15 December 2023



Friday 1st September

Virtual Remote Learning Platform - Links to be confirmed.

Morning Session

09:30

Regional Induction - Welcome and Introduction

CPD Hrs = 0.5

Malcolm Brady --- Jason Stokes

Postgraduate Dental Dean - Associate Postgraduate Dean



This session is a welcome to all the new Foundation Dentists in the East of England and Midlands Regions and to introduce and orientate them to their Dental Foundation Training year. It will help everyone develop their role as a Foundation Dentist throughout the year by providing information about the content and timelines that have to be maintained. Completion of Dental Foundation Training has specific requirements and these will be outlined and discussed.

Objectives

- Explain what the Dental Foundation Training year involves, the induction process, the support services available and the commitment needed to complete the year.
- Provide experience, access to and navigation of the Dental Foundation Training e-portfolio, Intrepid Course Manager and APlan.
- Define the RCP process involved in the satisfactory completion of Dental Foundation Training.

Learning Content

- Be able to demonstrate an understanding of learning styles and reflection.
- Have a recognition of your peer group and Regional personnel together with an enhanced ability to work with others as a team.
- Recognise the need for professional and ethical behaviour and have knowledge of the NHS rules and regulations.

GDC Outcomes: A B C D





Friday 1st September

Virtual Remote Learning Platform - Links to be confirmed.

Morning Session

10.00

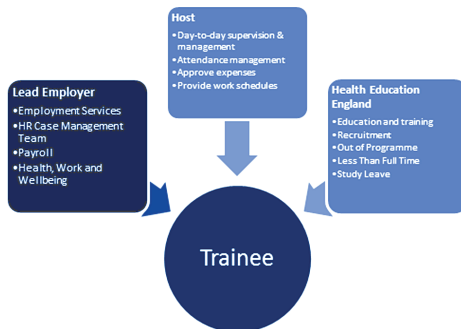
The Role of the Lead Employer in DFT

CPD Hrs = 1.2

Gemma Lasikiewicz and Olivia Butler

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.



11.00

Break

11:00

The Role of the GDC

CPD Hrs = 1.25

Anika Daclan

Policy Manager - General Dental Council

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



Objectives

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

Learning Content

- FD's responsibility 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

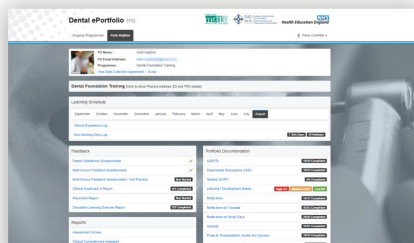
12:00

Using the Dental ePortfolio

CPD Hrs = 1.0

Peter Cranfield

Associate Postgraduate Dean and TPD



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

13.00

End



Friday 1st September

Virtual Remote Learning Platform - Links to be confirmed.

Afternoon Session

13:00

**Brief Virtual Meeting with Training
Programme Director**

CPD Hrs = 0.5

Jemimah Rowden

Training Programme Director

*Training Programme Director and Foundation Dentists catch
up meeting.*

13:30

End



Friday 8th September

Dental Skills Room Ipswich

Morning Session

09:30

Scheme Induction - Introduction and Welcome to the Suffolk and North East Essex Scheme

CPD Hrs = 1.5

Jemimah Rowden

Training Programme Director

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.

11:00

Break

11:15

Nuts and Bolts of DFT

CPD Hrs = 1.5

Jemimah Rowden

Training Programme Director



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. We shall also look at the mechanisms for making claims for expenses

12:30

Lunch



Friday 8th September

Dental Skills Room Ipswich

Afternoon Session

13.30

Relationships in the Training Practice

CPD Hrs = 3

FDs and ESs



Educational Supervisors are very important to FDs and vice-versa. What are our responsibilities to each other? What are our expectations and what can we achieve together? How can we make our relationship one that is beneficial to both parties? What do we do when things do not run smoothly? Who can provide help and advice within the practice?

Today we shall have a chance to develop and practise team communication skills in practical ways. We shall spend some time considering monitoring within general practice. This is always a difficult area and sharing experiences can be very helpful.

Objectives

- To introduce and orientate delegates to the Dental Foundation Training 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 East of England personnel together with an enhanced ability to work with others as a team.
-

GDC Outcomes: A B C D



16:30

End



Friday 15th September

Dental Skills Room Ipswich

Day Session

09.30

Clinical Skills Refresher

CPD Hrs = 6

Jemimah Rowden

Training Programme Director



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

- *Be able to evidence the systematic and accurate removal of simulated dental caries.*
- *Have an opportunity to refresh dental preparation skills on a simulator prior to starting work in general dental practice.*
- *To have practised cutting a full crown preparation.*

Learning Content

- *Appreciation of the importance of accurate caries removal and the preservation of sound dentine and supported enamel.*
- *Knowledge of any requirements for targeted support by the ES.*



16.30

End

GDC Outcomes: C D



Friday 22nd September

Virtual Remote Learning Platform - Links to be confirmed.

Morning Session

09.30

Paediatric Dentistry

CPD Hrs = 3

Sunny and Sanjay Sareen



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

Objectives

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

Learning Content

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

GDC Outcomes: A C

12.30

Lunch



Friday 22nd September

Virtual Remote Learning Platform - Links to be confirmed.

Afternoon Session

13.30

E - Learning SCRIPT

CPD Hrs = 3

*Allocated day for FDs to work on their e-Learning modules at home or in practice.
An e-Learning programme to improve prescribing competency
Please use the link in your e-Portfolio to access the Script sire.
When you have completed a module, this information will be passed to your e-Portfolio but you may wish to download a completion certificates for your CPD records.
For more information, please see Online Learning Section of this handbook.*

16.30

End



Thursday 5th October

Dental Skills Room Ipswich

Day Session

09.30

Oral Surgery

CPD Hrs = 6

Devi Devendran and Imola Virginas



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

Objectives

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

Learning Content

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

GDC Outcomes: A C

16:30

End



Friday 6th October

Dental Skills Room Ipswich

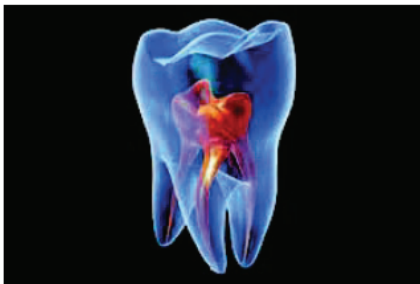
Day Session

09.30

Endodontics 1

CPD Hrs = 6

Nick Barker



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 13th October

Dental Skills Room Ipswich

Day Session

09.30

Communication Skills

CPD Hrs = 6

Anthony Asquith



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

Objectives

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

Learning Content

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

GDC Outcomes: A B D

16.30

End



Friday 20th October

Online

Day Session

09.30

Early-Stage Review

CPD Hrs =

Jemimah Rowden

Training Programme Director



1:1 review between the TPD and FD

- *Normally, no longer than 15 minutes*
- *The TPD reviews – Educational Supervisor (Trainer) report, FD report and TPD report to look for themes and trends.*
- *A discrepancy between Educational Supervisor evaluation and Trainee evaluation may point to confidence, competence or insight issues.*
- *TPD reviews ES action plan and adapts it if necessary*
- *Actions need to have SMART goals (Specific, Measurable, Achievable, Realistic, Timespecific)*
- *Signed by TPD and FD*
- *Outcome shared with Trainer*
- *A minority (1-2 per scheme) will need to be notified to Associate Deans with a follow up review.*

16.30

End



Thursday 26th October

Dental Skills Room Ipswich

Day Session

09.30

Anterior Restorations

CPD Hrs = 6

Jinesh Vahgela and Ali Chohan



To assist Foundation Dentists in choosing which equipment and techniques to employ when directly restoring anterior teeth.

Objectives

- *Evaluate the different composite systems available, the nature of their composition and how this may impact on material selection choice when restoring anterior teeth, alongside application of the knowledge of the anatomy of anterior teeth.*
- *Define current bonding techniques, matrixing systems, techniques for composite build-ups/placement, use of stents, alongside shaping and finishing protocols, to produce a life-like final restoration.*
- *Undertake a series of practical exercises to reinforce protocols associated with direct anterior restorations using a phantom head: class IV restoration and a direct composite veneer.*

Learning Content

- *Critique from improved knowledge and ability, when to use which technique for direct anterior restorations.*
- *To have enhanced practical skills in restoring anterior teeth, using a variety of techniques and equipment, to an appropriate form, to provide a functional and aesthetic restoration.*

GDC Outcomes: A C

16.30

End



Friday 27th October

Dental Skills Room Ipswich

Day Session

09.30

Posterior Restorations inc Composite and Amalgam

CPD Hrs = 6

Jin Vahgela & Ali Chohan



To assist Foundation Dentists in choosing which equipment and techniques to employ when directly restoring posterior teeth.

Objectives

- *Evaluate the current status of direct posterior restorations, material selection, cavity design and where relevant, bonding protocols.*
- *"Define how isolation/moisture control aids the placement of certain materials."*
- *Undertake practical exercises to reinforce protocols on contemporary matrix selection, placement of composite and amalgam, alongside shaping, finishing and polishing of these materials*

Learning Content

- *Critique from improved knowledge and ability, when to use which material where for direct posterior restorations.*
- *To have enhanced practical skills in restoring posterior teeth, using a variety of techniques and equipment, to an appropriate form, to provide a functional restoration.*



GDC Outcomes: A C

16.30

End



Friday 3rd November

Online

Day Session

09.30

Milestone 1 Presentation : Emergency Case Presentation

CPD Hrs = 6

FDs



This session will be used for Foundation Dentists to present their Milestone 1 case.

Objectives

- *Learn to use the case of a patient with dental trauma or a dental emergency to reflect on clinical skills of analysis and care provisions.*

Learning Content

- *Knowledge and experience of the power of self and peer reflection in personal development.*
- *Improvement in the provision of patient care through use of reflection, analysis and planning.*

GDC Outcomes: A C D

16.30

End



Friday 10th November

Persona Study

Morning Session

09.30

E - Learning E LfH

CPD Hrs = 6

FDs

Allocated day for FDs to work on their e-Learning modules at home or in practice.

As part of your Foundation training year within East of England 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 (eLearning 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.

Turn to Online Learning Section of this handbook.

16:30

End



Friday 17th November

Personal Study

Day Session

09.30

E-Learning e-LfH + BDA Oral Cancer Toolkit

CPD Hrs = 6

FDs

Online Personal Study

Allocated day for FDs to work on their e-Learning modules at home or in practice.

As part of your Foundation training year within Midlands and East 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 (eLearning 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.

Turn to Online Learning Section of this handbook.

16.30

End



Thursday 23rd November

Online

Day Session

09.30

NHS Rules and Regulations

CPD Hrs = 3

Jinesh Vaghela and Ali Chohan

Educational Supervisors



Provide Foundation Dentists with a working knowledge of the rules and regulations applying to the provision of NHS dental care for their patients and to 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 provisions of NHS dental care.*
- *"Have the ability 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.*
- *Be able to perform within the structure of NHS GDS contracts.*

GDC Outcomes: A B D



12.30

Lunch



Thursday 23rd November

Online

Morning Session

13:30

Clinical Photography

CPD Hrs = 3

Jinesh Vaghela and Ali Chohan

Educational Supervisors



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

Objectives

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

Learning Content

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

GDC Outcomes: A C

16:30

End



Friday 24th November

Dental Skills Room Ipswich

Morning Session

09.30

Radiography Clinical Skills Refresher

CPD Hrs = 3

Chrisoula Nicolopoulos

This session is to provide a refresher on how to justify, report and grade dental radiographs. We shall refresh theory in relation to everyday practice for dental radiography. We shall also try to understand the range of holders and views and shall share solutions for dealing with common issues.

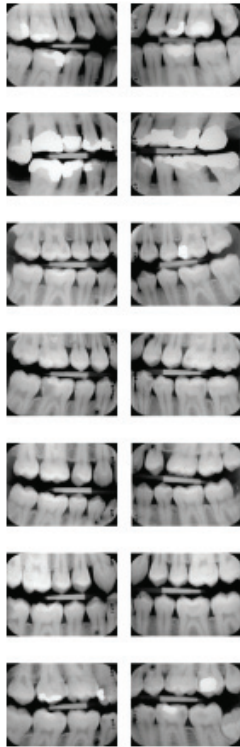
Objectives

- To be able to justify, report and grade your radiographs.
- To gain hints and tips for overcoming common issues
- To be able to justify, assess and report on dental

Learning Content

- To be able to justify, assess and report on dental radiographs
- To have processes to overcome common issues in Radiography
- To understand and choose the appropriate views for dental radiographs and their uses.

GDC Outcomes: A B D



12.30

Lunch



Friday 24th November

Dental Skills Room Ipswich

Afternoon Session

13.30

Treatment Planning

CPD Hrs = 3

Chrisoula Nicolopoulos

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

Objectives

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



Learning Content

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

GDC Outcomes: A B C D

16.30

End



Thursday 30th November

Dental Skills Room Ipswich

Day Session

09.30

Posterior Crown Preparations and Onlays

CPD Hrs = 6

Amit Patel and Anup Ladva



To provide Foundation Dentists with an update on contemporary materials, equipment, posture, clinical techniques for the fabrication of final restorations for the following, including temporisation: of posterior crowns - adhesive/bonded and conventional, onlays, bridgework - adhesive/bonded and conventional

Objectives

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

Learning Content

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

GDC Outcomes: A C



16.30

End



Friday 1st December

Dental Skills Room Ipswich

Day Session

09.30

Anterior Crown Preparations and Veneers

CPD Hrs = 6

Amit Patel and Anup Ladva



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

Objectives

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

Learning Content

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

GDC Outcomes: A C



16.30

End



Friday 8th December

Online

Morning Session

09.30

Orthodontics

CPD Hrs = 3

Raj Wadhvani



This session will use case-based studies to discuss current concepts around orthodontic assessment and treatments.

Objectives

- *Identify how to conduct a thorough orthodontic assessment in general dental practice.*
- *Explain appropriate times to refer to secondary care or specialist practice.*
- *Explore current guidance documents relating to orthodontics.*

Learning Content

- *"Improve knowledge of how to carry out an orthodontic assessment in a general dental practice."*
- *Recognise when to follow appropriate referral pathways.*

GDC Outcomes: A C



12.30

End



Friday 15th December

Online

Morning Session

09.30

End of Term Review with Foundation Dentists

CPD Hrs = 3

Jemimah Rowden

Training Programme Director

To reinforce coursework details and expectations for IRCP.

Objectives

- *Explain in more detail the work required to reach IRCP Outcome 1.*
- *Review the preparation required to complete the coursework requirements.*
- *Review progress on Milestone cases and the required standards.*

Learning Content

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

GDC Outcomes: A B C D



12.30

End



Calendar 2023-2024

September 2023

Friday 1 September	Start of Autumn Term - Regional Induction - Online
Friday 8 September	Scheme Induction - Ipswich DSR
Friday 15 September	Clinical Skills refresher - Ipswich DSR
Friday 22 September	Paediatric Dentistry - Online e-Learning- SCRIPT - Online

October 2023

Thursday 5 October	Oral Surgery - Ipswich DSR
Friday 6 October	Endodontics 1 - Ipswich DSR
Friday 13 October	Communication Skills - Ipswich DSR
Friday 20 October	Early Stage Review: Interviews - Online
Thursday 26 October	Restorative (Anterior Restorations) - Ipswich DSR
Friday 27 October	Restorative (Posterior Restorations inc Composite and Amalgam) - Ipswich DSR

November 2023

Friday 3 November	Milestone 1 Presentation - Online
Friday 10 November	AM -Course Work for FDs PM- e-Learning e-LfH – Online
Friday 17 November	e-Learning (e-LfH + BDA Oral Cancer Toolkit) - Personal Study
Thursday 23 November	NHS Rules and Regulations - Online Clinical Photography - Online
Friday 24 November	Radiography Clinical Skills Refresher and Treatment Planning - Ipswich DSR
Thursday 30 November	Restorative (Posterior Crown Prep and Onlays) - Ipswich DSR

December 2023

Friday 1 December	Restorative (Anterior Crown Prep and Veneers) - Ipswich DSR
Friday 8th December	Orthodontics - Online
Friday 15th December	Last day of Autumn Term - Online

January 2024

Friday 5 January	Medico-Legal - Online
Friday 12 January – Friday 9 February	Practice Visits With ADEPT by TPD if required
Monday 15 January	Milestone 2: Restored Endodontic Case Upload - Deadline
Monday 29 January	Milestone 2 Feedback - Deadline

February 2024

Friday 9 February	Milestone 2: Restored Endodontic Case Presentations- Ipswich DSR
Friday 16 February	IRCP
Thursday 22 February	Prosthetics - Ipswich DSR
Friday 23 February	Periodontics and Implants - Ipswich DSR

March 2024

Friday 1 March Friday	Oral Cancer - Online
8 March	Health and Safety - Online Dental Emergencies - Online
Friday 15 March	Treatment Planning - Ipswich DSR Quality Management - Ipswich DSR

April 2024

Thursday 4 April	Tooth Surface Loss, Tooth Wear and Occlusion - Ipswich DSR
Friday 5 April Friday	Restorative (Post Core and Bridges) - Ipswich DSR
12 April	Finance Tax and Pensions - Online Associate Agreements - Online
Friday 19 April	Anxiety Management - Online Pain Management - Online
Monday 29th April	FD Clinical Audit Submission to Buddy ESs - Deadline

May 2024

Monday 10 May	Endodontics 2 - Ipswich DSR
Friday 17 May	Clinical Audit Feedback to FD from Buddy ES - Deadline
Friday 24 May	Clinical Audit Presentations-Study Day - Ipswich DSR / Online

June 2024

Monday 3 June	Milestone 3 Submission - Deadline
Monday 17th June	Milestone 3 Feedback Review Submission - Deadline
Friday 28 June	Milestone 3 Case Presentation Study Day - Ipswich DSR

July 2024

Friday 12 July	DFT/DCT Showcase
Friday 26 July	FRCP

August 2024

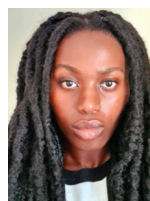
Friday 2 August	Scheme meeting- TBC
Friday 30 August	End of DFT Year



Educational Supervisors and Foundation Dentists



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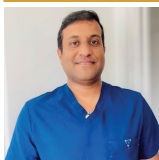
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Suffolk and North East Essex Scheme Buddy ES Pairings 2023-2024

Foundation Dentist	Educational Supervisor(s)	Buddy ES(s)
Palwasha Khan	Nick Barker	Agnieszka Marcinkowska-Lagosz
James Bargent	Hayden Dixon	Prinaven Moodley
Viraj Makwana	Anup Ladv	Olayinka Awolesi
Hussain Almosawi	Sean Chiang	Ali Chohan and Fahad Sheikh
Amy Amanfu	Jinesh Vaghela	Frederick Fernando, Mital Patel and Carys Halsall
Jade Kwaku	Sachin Sedani and Kavi Ravaliya	Arman Maqbool
Ronaldo Kalaveri	Arnie Dicken	Filip Zigic
Armon Etemadi	Ali Chohan and Fahad Sheikh	Sean Chiang
Hannah Kuch	Frederick Fernando, Mital Patel and Carys Halsall	Jinesh Vaghela
Nadia McLennon	Filip Zigic	Arnie Dicken
Jemima Sherman	Agnieszka Marcinkowska-Lagosz	Nick Barker
Harry Hylton	Olayinka Awolesi	Anup Ladv
Anna Heaton	Arman Maqbool	Sachin Sedani and Kavi Ravaliya
Emily Reaich	Prinaven Moodley	Hayden Dixon



Online Learning

2023-2024

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

List of Supplementary E-Learning

Dentistry (e-Den) e-Learning for Health

<https://portal.e-lfh.org.uk>

This is a series of modules about dentistry known as e-Den. You will find these modules helpful when used in conjunction with your Study Days. References to particular modules may be included in the information for each Study Day. Accessing the relevant module before the Study Day will help you to gain more from the interactive learning session.

To locate the e-Den modules in the e-Learning for Health Website, click on '**My e-Learning**' at the top of the webpage and then enter the **Dentistry** name in the search box. When the search results appear, you will see the **Dentistry** module listed with an icon; click on '**Enrol**' and the Module will be added to your account. You will then be able to see each of the e-Den Modules and Course Sections in 'My e-Learning'.

e-Den Module

1 Patient Assessment

Profiling the Patient	Assessment Methods and Techniques
Good Practice	Health Promotion and Disease Prevention
Patient Assessment	Profiling the Patient

2 Human Diseases and Medical and Dental Emergencies

Medical Topics and Dentistry	Medical Emergencies In Dentistry
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3 Anxiety and Pain Control in Dentistry

Principles of Dental Pain	Mediators of Central Pain
Dental Local Anaesthesia	Dental Local Anaesthetic Technique
Management of Dental Pain	Non-Pharmacological Anxiety Management
Intravenous Sedation	Inhalation Sedation
Dental General Anaesthesia	

4 Periodontal Disease and Management

Aetiology of Periodontal Disease	
Periodontal Diagnosis and Determination of Prognosis	Periodontal Treatment Options
Patient Education and self-Performed Plaque Control	Non-Surgical Periodontal Therapy
Surgical Periodontal Therapy	

5 Hard and Soft Tissue Surgery

Pre- and Post-operative Assessment	Exodontia
Surgical Dentistry	Advanced Trauma Life Support (ATLS)
Management of Un-Erupted, Impacted, Ectopic and Supernumerary Teeth	Management of Benign Soft Tissue lesions

6 Surgical and Non-Surgical Management of Head and Neck Disease

Accurate Drug History and Relevance of Allergies	Odontogenic Infections
Management of Oral Mucosal Diseases	Craniofacial Pain Disorders
Neoplastic and Non Neoplastic Disease of the Head and Neck	

7 Management of the Developing Dentition

Orthodontic Indices	Assessment for interceptive Treatment
Space Maintenance	Simple Removable Appliances
Oral Habits and Occlusal Trauma in the Mixed Dentition	
Emergency Care and Management of Orthodontal Problems	
Contemporary Orthodontics Normal Facial Growth and Dental Development	
Abnormalities of Facial Growth and Dental Development	

8 Restoration of Teeth

Caries
Crowns
Aesthetic Dentistry
Tooth Surface Loss
Dental Trauma

Restoration of Permanent Teeth
Restoration of Deciduous Teeth
Dental Biomaterials
Endodontics

9 Replacement of Teeth

Bridgework
Complete Dentures
Implantology

Occlusion
Partial Dentures
Miscellaneous

10 Communication

Patient and the Family
Other Professionals

Teamworking

11 Professionalism

Ethics
The Clinical Team and Peers

Self

12 Management and Leadership

The Need for Effective leadership and Management
Risk Management
Change Management
Healthcare Systems
Management and Leadership

Quality in Healthcare
Self-Management
Managing a Business
Professional Practice

13 Sustainable Dentistry

Introduction to Sustainable Dentistry

Measuring carbon in Healthcare



Milestones and APLAN

2023-2024

Milestones and APLAN

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

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

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

Milestone 2

Submissions open: 1st December 2023 - Submissions close: 5th January 2024

Milestone 3

Submissions open: 19th April 2024 - Submissions close: 24th May 2024

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.



Problem Solving and Support

Suffolk and North East Essex 2023-2024

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. As a Foundation Dentist 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 in problem solving 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 meeting; so contact your TPD by phone or email early on if you have a problem or concern. Early resolution of that burning issue will help prevent any further worry. Remember that patient safety is paramount and confidentiality is assured, if required.

The DFT 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 the Day Release Course. Naturally openness and frankness is usually required, but all members of the group will respect our rule of confidentiality outside the sessions.

Additionally there is further support that can be obtained from the Regional Trainee Support.

Contacts for Support

Training Programme Director

Jemimah Rowden

Phone: P: 01277 230333 M: 07956 429033

Email: jemimah.rowden@hee.nhs.uk

Regional Trainee Support

Email: Support.eoe@hee.nhs.uk



Claiming Travel and Subsistence

2023-2024

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 probably need to ensure that your insurance covers business use.

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.



Audit Project

2023-2024

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.



Practice Equipment List

2023-2024

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.



Speakers

Autumn Term 2023-2024

Jinesh Vaghela



Ali Chohan



Devi Devendran

Imola Virginas



Amit Patel



Anup Ladv



Nick Barker



Anthony Asquith

