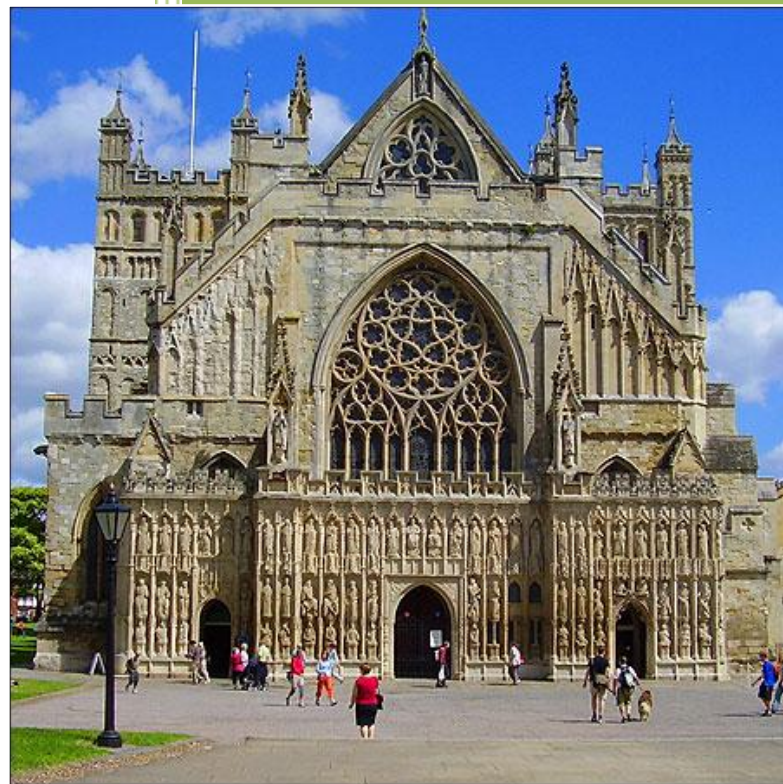


# 2011

## Exeter Vocational Training Scheme



John Makin, VT Adviser

**Study Day Programme**

**August – December 2011**

## **Introduction.**

The following pages include details of the study day course which has been carefully planned to help fulfil the aims and objectives of Vocational Training, which are to meet the needs of unsupervised general clinical practice by enhancing clinical and administrative competence and to promote high ethical standards and quality care for patients.

The objective of Vocational Training is that the Vocational Dental Practitioner should be eligible to practice unsupervised as a principal within the GDS.

The speakers are generally delighted to answer individual questions, it would, therefore, be worthwhile to consider in advance what you personally would like to gain from each session, and to jot down such questions beforehand.

The appraisal sheets for the sessions are a valuable means of feedback and are an important part of quality assurance for the course. Please complete them thoughtfully as your opinions are valuable and will help to inform thinking to improve the course for your successors as did your predecessors for you.

Please note that attendance at the study day course is mandatory. Absence other than in exceptional circumstances as outlined in the Deanery handbook will indicate your withdrawal from the Vocational Training Scheme and you will not receive a certificate at the end of the year.

In order to claim your expenses for attendance at the course VDPs are requested to sign the register for each session attended.

Trainers are most welcome to attend the course but are asked to inform the Course Organiser beforehand.

Problem solving will be on an ad hoc basis throughout the term, the working lunches and discussions over coffee often ironing out difficulties.

If you have a problem which you would like to be dealt with confidentially please feel free to telephone me either at home or on my mobile so that we can arrange a mutually convenient time to discuss the matter.

I hope that you will have an enjoyable and valuable term.

John L Makin

## **Notes On Term 1 Study Day Course**

There are a total of 30 study days during the Vocational Training Year. Each of these contributes 7 hours towards your contracted 35 hour working week.

If there is no study day during any particular week then you are expected to work 5 days (ie 35 hours) in your practice.

During term 1 there will be 17 study days.

Our Exeter Postgraduate Meetings commence at 9.30 am prompt unless otherwise advised, with a morning session (9.30 am -1.00 pm) with a working lunch and an afternoon session (2.00 pm – 4.30 pm).

The venue has been carefully selected for its accessibility, given its close proximity to the M5/A30 junction and the Honiton Road Park and Ride arrangements for the city centre. Free parking is available on site, car sharing is encouraged wherever possible.

At other venues please ensure that you arrive punctually to start work at the time indicated in the programme.

If you have any queries about your study day course or your leave entitlement please let me know.

John L Makin

## Dates & Venues for Term 1 2011

Thursday 4 <sup>th</sup> August	9.30am	Holiday Inn Express
Friday 5 <sup>th</sup> August	9.30am	Budleigh Salterton
Friday 12 <sup>th</sup> August	9.30am	Clinical Skills Lab Derriford Plymouth
Friday 19 <sup>th</sup> August	9.30am	SDLE Peninsula Dental School
Thursday 25 <sup>th</sup> August	9.30am	Holiday Inn Express

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Thursday 1st September	9.30am	Dart's Farm Topsham
Thursday 8 <sup>th</sup> September	9.30am	Holiday Inn
Thursday 15 <sup>th</sup> September	No Study Day	
Thursday 22 <sup>nd</sup> September	9.30am	Holiday Inn
Friday 30 <sup>th</sup> September	9.30am	SDLE Peninsula Dental School

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Thursday 6 <sup>th</sup> October	9.30am	Dart's Farm Topsham
Thursday 13 <sup>th</sup> October	No Study Day	
Friday 21 <sup>st</sup> October	BDTA	NEC Birmingham
Thursday 27 <sup>th</sup> October	No Study Day	

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Thursday 3 <sup>rd</sup> November	9.30am	Holiday Inn
Thursday 10 <sup>th</sup> November	No Study Day	
Thursday 17 <sup>th</sup> November	9.30am	Dart's Farm Topsham
Thursday 24 <sup>th</sup> November	No Study Day	

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Tuesday 29 <sup>th</sup> November- Thursday 1st December	Center Parcs Longleat Warminster
Thursday 8 <sup>th</sup> December	No Study Day Work in Practice

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Thursday 4<sup>th</sup> August

Introduction to Vocational Training

Holiday Inn

John Makin

Aim: To outline the fundamentals of the forthcoming VT year.

Learning Goals: To establish links with fellow group members.

To understand the aims and objectives of VT.

To negotiate group ground rules.

To become familiar with the study day programme.

To be able to define professionalism.

To recognise one's own learning style.

To be familiar with the PDP.

To have an understanding of reflective learning.

To be prepared to derive maximum benefit from tutorials.

Thursday 5th August

Attitude Adjustment Day

A Team (and muscle) Building Day

Southwest Coastal Path

Aim: To enable VDPs to establish a network of contacts with both trainer and VDP colleagues.

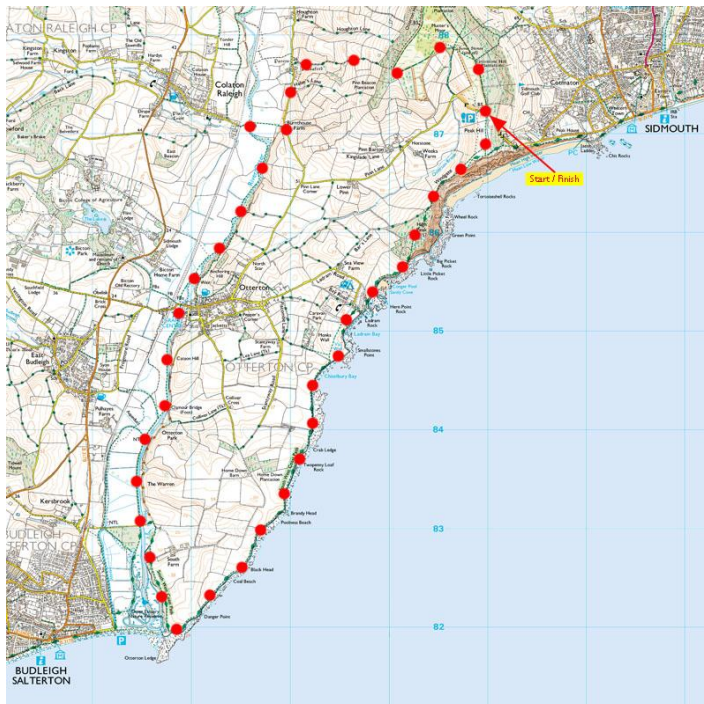
Learning outcomes: VDPs will have had the opportunity to ask questions to solve initial problems and reduce initial anxieties which inevitably arise in the first few weeks in practice.

Dentists can't help talking about dentistry! The day is structured in such a way that trainer and VDP colleagues will inevitably interact along the route. There will be a combined 200 plus years of GDP experience available on the day – make the most of it.

We will meet at the beach car park in Budleigh Salterton at 10.00 am.

A buffet/barbeque lunch will be provided at about the half way point chez your adviser in Sidmouth.

We finish back in Budleigh at around 4.30 pm.



Please note trainers to attend.

Friday 12<sup>th</sup> August

Clinical Skills Laboratory

Derriford Hospital Plymouth

Gillian Boswell

Pain , Rubber Dam.

Gillian Boswell is a specialist endodontic practitioner. She works in general practice and in addition lectures at Bristol Dental Hospital.

We will meet Gillian again later in the term when she will be leading a day on endodontic techniques, today's topics will lead nicely into this.

Today we will be looking at how best to treat pain, both acute and chronic and in addition practicing some advanced techniques around the use of rubber dam.

Aim: To revisit the aetiology and treatment of pain and to investigate and practice advanced techniques in the use of rubber dam.

Learning goals: VDPs will be able to better understand

Pain mechanisms

The diagnosis of acute pain and provide definitive treatment.

Local anaesthesia and therapeutics.

The team approach to rubber dam usage and its applications.

The mechanism of application of rubber dam.

Diagnosis and treatment strategy.

Friday 19<sup>th</sup> August

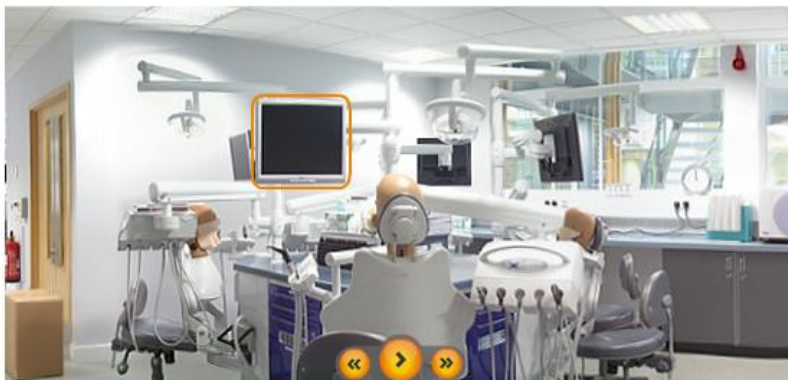
Hands on Crown and Bridge 1.

Simulated Learning Environment Peninsula Dental School.

Paul Bennett.

Paul, a hugely experienced and highly skilled GDP and hands-on tutor will guide the group towards the ideal preparation of various types of full coverage crowns.

The basic principles of preparation design will be revisited along with the introduction of new ideas to enhance retention and deal with more complex restorative problems



The facilities at Portland Square are second to none. Why not bring along study models or laboratory models of your own cases for advice?

**Thursday 25th August**

**Holiday Inn**

**AM Vincent Syme: Gerodontology.**

Vinny is a general practitioner with a wide range of experience including clinical undergraduate teaching and work in the community dental service. He has an MSc in restorative dentistry with gerodontology as his area of specialist focus.

**Aim:** To increase awareness of the challenges and solutions associated with the care of older patients.

**Objectives:** By the end of the session participants will be able to:

Identify the risk factors in gerodontology.

Make appropriate referrals.

Treatment plan appropriately.

Use the team approach to gerodontology

**PM Ross MacRae: An introduction to Clinical Photography**

Ross is a GDP and VT trainer working in the beautiful North Cornwall fishing port of Padstow.

**Aim:** To demonstrate the use of dental photography for the development of educational exchange with patients and colleagues.

**Learning goals:** VDPs will be able to;

Describe the advantages and disadvantages of using dental photography

Have operated different types of intra & extra oral cameras

Have an improved understanding of how to achieve good results with photography.

Thursday 1<sup>st</sup> September

9.30 am.

Teamwork

Dart's Farm Topsham

Cascade Theatre Company

Cascade has been running workshops for communication skills, teambuilding and conflict resolution for over 10 years. Our innovative style enables us to make the training session interactive without having to resort to role play or any other embarrassing activities. We focus on building skills which can be applied to the workplace in a very practical way but also ensure the learning is good fun. All our work is backed up by sound functional theory which we make easy to grasp and retain.

Our Teambuilding day is a non-threatening way to get to know and bond with your colleagues, whether you are together daily or are in separate departments working for the same organisation. The day will involve a number of enjoyable and thoughtful activities which stimulate and explore team spirit and bonding as well as touching on communication skills. The day aims to allow the participants to experience contributing to team goals whilst still maintaining a sense of self. There is NO role play.

**Aim**

To develop a sense of team rapport, dissolve group barriers and create the foundation for good teamwork.

**Objectives**

By the end of the workshop participants should:

1. Understand the impact of their actions on others.
2. Experience teams working well together.
3. Identify and understand where teams sometimes go wrong.

Thursday 8<sup>th</sup> September.

Holiday Inn.

Am. Audit. Malcolm Prideaux.

Malcolm is an experienced VT trainer, audit facilitator and is active dento-politically within the BDA and Devon Local Dental Committee.

Aim: To introduce the concept of audit and dento-political issues affecting general dental practitioners.

Learning goals:

VDPs will be able to;

- Select an area of practice to audit.
- Know the stages involved in an audit.
- Know how to present an audit to the required standard.
- Know the rationale for audit.

PM Orthodontics for GDPs.

Adrian Snellgrove & Al Green

Holiday Inn.

Adrian and Al are partners in the Exeter Orthodontic Practice. They are extremely experienced primary care orthodontists and receive many referrals from GDP colleagues.

Aim: To increase awareness of everyday orthodontic situations and the liaison between general practice and specialist referral practice.

Learning goals:

VDPs will be able to understand more fully;

- Treatment planning.
- Early intervention.
- Balancing and compensating extractions.
- Referrals, timing and letter writing.
- Index of Orthodontic Treatment Need in the NHS.
- Consent in orthodontics (Benefits/ material risks)
- Contemporary developments (Clearstep, Invisalign)

Why not bring along some study models for group discussion?

Thursday September 22<sup>nd</sup>

## Holiday Inn

### am. Hedley Saunders: Managing Surgical Emergencies.

Hedley is an experienced GDP who has also worked in the Royal Navy and hospital service.

Aim: To reduce the stress and improve the outcome which occurs when surgical procedures do not proceed exactly as planned.

Learning goals: To enable VDPs to;

Be prepared for common unplanned surgical mishaps

Know some simple techniques for successful completion of the procedure

Know when to seek help or to refer.

### PM Peter Chell: BLS for GDPs.

Peter Chell is a Registered Operating Department Practitioner and Resuscitation Council (UK) Advanced Life Support Instructor. He has been delivering CPD programmes for dental practitioners and dental health care professionals over the last nine years. Peter also works as an Emergency Medical Technician providing pre-hospital care for the Festival Medical Services.

The course aim: To ensure that VDPs can identify and initiate basic management of clinical emergencies and carry out basic life support.

Learning goals: By the end of the session VDPs will be able to.

Use the ABC approach to recognising 'at risk' or critically ill patients.

Initiate treatment of medical emergencies including asthma, anaphylaxis, cardiac emergencies, epilepsy, hypoglycaemia and syncope.

Identify airway obstructions and demonstrate the insertion of simple airway adjuncts.

Care for the unconscious patient. Safely administer oxygen.

Carry out basic life support, both adult and paediatric.

Participate in simulated medical emergencies and resuscitation.

Thursday September 30<sup>th</sup>

Endodontics Hands-on.

Simulated Learning Environment Peninsula Dental School.

Plymouth.

Gillian Boswell.

Gillian is a specialist endodontic practitioner and lecturer at Bristol Dental School.

We will be looking at the current theories and techniques in the field of endodontics and putting these into practice in the simulated dental learning environment.

Aim: To increase awareness of current endodontic techniques and improve confidence by giving practical experience in a 'safe' environment.

Learning goals:

VDPs will be able to further understand;

Assess canals

Treatment plan

Access cavity design

NiTi instrumentation

Modern obturation techniques.

Why not bring along radiographs of your own current/planned cases for group discussion along with examples of the 'hardware' you use currently in your practice.

Thursday October 6<sup>th</sup>

Dart's Farm Topsham

am. Finance for dentists: Greg Penfold.

Greg is a chartered accountant and partner with Humphrey & Co. , a firm of accountants and financial advisers who are members of the National Association of Specialist Dental Accountants. He has, therefore , a wide knowledge of the special financial needs of the

Aim: To improve knowledge and awareness of personal and financial matters .

Learning goals: VDPs will be able to

Prioritise financial decisions- those that need to be made now and those that can be deferred.

Know how to plan for the future.

**Please bring your latest VT payslip to this session**

pm. Key Skills Pam Ward

Pam who is a former VT Adviser and is currently teaching at Peninsula Dental School and an examiner for MJDF will give advice on preparing your portfolio of evidence for the FGDP Key Skills. This portfolio constitutes the VT project for VDPs in the South West.

The standard should be high and the format should follow the FGDP template.

The dates for completion of each key skill are as follows:

Medical Emergencies	end of : October 2011
Cross infection Control	November 2011
Record keeping	January 2012
Radiography	March 2012
Health & Safety legislation	June 2012

It has been agreed that VDPs will exchange their work with another who will pass it to *their* trainer for marking. The marking should follow the template and is not 'pass or fail'. The standard expected for MJDF is higher than that which is acceptable in the VT year.

Markers are encouraged to make helpful and practical suggestions if improvements need to be made to reach MJDF standard, but they can sign the VT sheet if they are satisfied that it is of a sufficient standard for VT.

Dental Showcase 'tasks' will be distributed at his session to allow time for preliminary research.

Friday 21<sup>st</sup> October

British Dental Trade Association Dental Showcase

NEC Birmingham.

The group will stay on in Birmingham to attend the annual BDTA showcase.

This event is an opportunity for busy practitioners to see lots of new materials, the latest equipment, technology and information from the leading professional bodies all under the same roof. As a busy practitioner it is easy to become somewhat isolated and fall behind the latest developments visits to trade shows such as this throughout one's career can help to promote an ongoing interest in the latest developments and an opportunity to meet with colleagues from outwith one's own region.

To make the most of the opportunities each VDP will be given an assignment for the day, this will be allocated well in advance to allow any preliminary research.

The study day session on 28<sup>th</sup> November will be allocated to permit the presentation of the outcome of your assignment to your colleagues.

Travel details and tickets for this event will be provided nearer to the date.

Aim: To make participants aware of the information available at the annual BDTA trade show.

Objectives:

After the sessions participants will be more able to;

Understand the wide variety of materials/equipment available.

Evaluate the value of interaction with trade representatives and the promotional literature available.

Consider the 'business' as well as the practice of dentistry

Focus on a specific task within a large and busy event

'Cascade' information to colleagues

Develop improved presentational and communication skills

Thursday 3<sup>rd</sup> November

Holiday Inn

Showcase Presentations

The Exeter FDs

Today we will see the fruits of your labours at showcase. The assignments will have been designed to realistically reflect the type of 'mission' that a typical GDP may be on when attending the show. The tasks cover every aspect of the VT curriculum e.g. clinical, management and communication issues.

The presentation of your findings to your colleagues will be a further opportunity for you to polish your presentation and communication skills.

The cascading of information from individuals to the group as a whole means that everyone benefits from your work and the maximum benefit is derived from the visit to Birmingham.

Prizes will be awarded (courtesy of your adviser, but judged by group consensus) in the following categories ;

Best presentation.

Best freebie from show.

Most freebies from show.

More details on the timings and nature of presentations will be provided prior to this session.

Thursday 17<sup>th</sup> November 9.00 am

Dart's Farm, Topsham.

Hands on Oral Surgery

David Pagliero

David Pagliero is a Staff-Grade oral surgeon at the Royal Devon and Exeter Hospital, he is on the Specialist Register and works in part-time private practice. David has run this hands-on course for VDPs in the South West and Thames regions for a number of years with extremely positive feedback throughout. We will meet David later on in the year when his subject will be implantology.

Aim: To build confidence in oral surgery techniques.

Learning goals: VDPs will have;

Reviewed the basic oral surgical kit required for general practice

Reviewed suture materials and techniques and practiced these suturing techniques.

Reviewed flap raising techniques and practiced these.

Please note : Please bring along with you a basic oral surgery kit which should include a scalpel handle, periosteal elevator, suture holders and suture scissors – bring the kit that *you* have been using in practice.

**\*\*\*\*\* Please note the early start time for this session\*\*\*\*\***

November 29<sup>th</sup>, 30<sup>th</sup> & 31<sup>st</sup>.

Center Parcs Warminster

## South West VDPs Residential Course

All of the (six) South Western Deanery Schemes will come together for this plenary conference.

A detailed programme will be circulated nearer the time but just to whet your appetite will include; Restorative hands on sessions (composite build-ups and large failing amalgams), team building, BDA, orthodontics, law & ethics and personal development plans.

There will be a variety of experienced presenters over this three day extravaganza of learning and fun!

You will travel to Center Parcs on the Monday evening to start the course on Tuesday morning. The course finishes on Thursday afternoon but the villas are booked for the whole week should you wish to stay on and take some holiday.

The villas are very well equipped. Bed linen is provided but you will need to take your own towels. Don't forget your sports kit & swimming costumes!

You will be provided with coffee, tea and lunch but will need to arrange your own evening meal. There is a good supermarket on site in addition to several restaurants.

Much more detailed information to follow nearer to the event.