On-the-job training

When it comes to vocational placements, don't be daunted. Each situation is a learning opportunity and ultimately, you are only going to get out what you put in, says Sarah Armstrong.

The stress of finals behind you, vocational training (VT) launches new dental graduates across the country into general dental practice. Although it's a daunting time, it's also one of great opportunity, gaining clinical freedom, financial independence and moving away from the never-ending stream of assessments that go hand-in-hand with dental school. That said, you're not going to be abandoned now that you've qualified and VT provides a fantastic support network to aid in making the transition from student to professional.

In your first month, you really need to be thinking about what you want to gain from the training year, and for this it's useful to start thinking about what your strengths and weaknesses are and where you see your career progressing. Are there certain aspects of dentistry that you'd like to gain more experience in? Are there certain procedures that you don't feel confident carrying out?

Keep an open mind

If your dentures are awful, don't just try and avoid providing the treatments you find challenging, discuss things with your trainer, other associates or vocational dental trainees (VDPs). Highlight several challenging cases and book some protected time to undertake these getting assistance where necessary, struggling on regardless won't help anyone. Don't just learn the newest, flashest equipment at your disposal, whereas others have the newest, flashest equipment to their disposal, where as others may have to learn how to perfect their techniques with a more limited armamentarium. Some VDPs may have proactive motivated trainers whereas others will be more laid back who promote your clinical independence and enable your confidence to grow. Expect to be tired. Dental school may have felt like hard work at the time, but you will now be seeing many more patients per day and taking responsibility for all your decisions making during VT so it's important to eat well and get enough sleep!

Different experiences

Everyone's VT experience is different depending on your location, practice size and type, and the attitudes/support of your trainer. Some VDPs will have the newest, flashiest equipment at their disposal, whereas others may have to learn how to perfect their techniques with a more limited armamentarium. Some VDPs may have proactive motivated trainers whereas others will be more laid back who promote your clinical independence and enable your confidence to grow.

Exams may be the last thing on your mind following your slog through finals, but now really is the best time to take MFDS/MJDF examinations while all the information is fresh in your head and your finals revision notes aren't yet stowed in the loft. Although challenging, the depth of information required is not dissimilar to finals and you'll find it much easier to get your head down and revise now than a few years down the line when you are out of the habit!

That said, it's important to remember that there's more to life than dentistry. Dentistry has an unnerving ability to take over your life, and it's really not helpful to stew for days over that 3:15pm patient with the sclerotic buccal canals you've been trying to RCT or the distal margins of the crown prep you cut on the patient with the gag reflex!

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About the author

Sarah Armstrong qualified from Newcastle University in 2008 and is currently working as a maxillofacial surgery senior house officer at Newcastle General Hospital.