

A Career in Orthodontics in the Midlands & East



Developing people
for health and
healthcare

Contents

- [What is Orthodontics?](#)
- [Why choose this specialty?](#)
- [Future challenges](#)
- [Typical day](#)
- [Personal qualities for this career](#)
- [Training pathway](#)
- [Requirements during training](#)
- [Recruitment](#)
- [Competition ratios](#)
- [Why train in the M&E](#)
- [Demonstrating commitment to specialty](#)
- [Where to go for more information](#)

(Please click on topic for direct link)

What is Orthodontics?

Orthodontics is the branch of dentistry that treats malocclusion – irregularities of the teeth and the jaws.

Why choose this specialty?

- Opportunity to treat complex cases and work closely with other specialities
- Application of mechanics
- Opportunity to treat a cohort of patients and build relationships over time
- Usually treating motivated group of patients
- Satisfaction with treatment – chance to make a real difference to someone's quality of life
- Treatment that relies on precision, attention to detail and careful planning

Future challenges

- Currently commissioning primary care orthodontic service which may change the workforce profile with a therapist model and change referral patterns to hospital services
- As remuneration for primary care orthodontics is reduced, challenge to continue to provide high quality treatment
- Differentiating yourself as a specialist from generalists providing orthodontic treatment
- Continuing to secure funding for NHS cases given the climate of limited resources

Typical Day

A day in the life... of a trainee orthodontist

- Attend new patient, treatment clinics and MDT clinics
- Prepare for journal clubs, seminars
- Attending external courses with other orthodontic trainees
- MSC research data collection and write up
- Private study
- Work towards completing audits
- Maintain portfolio of training on ISCP

Personal Qualities for this career

- Excellent communication skills
- Good interpersonal skills
- Leadership
- Resilience and hardworking
- Practical skills – good understanding of mechanics
- Life long and reflective learner
- In line with all specialities, trainees need to be reliable, self-motivated, punctual, flexible and good team players

Training Pathway

- DCT – ideally experience in paediatric dentistry, restorative dentistry and Maxillofacial surgery
- 3 year StR training programme, with MSc by research
- Membership in Orthodontics Examination in year 3 of training
- Option to work in specialist practice or hospital associate specialist
- 2 year Post-CCST training and ISFE exit exam to become a consultant

Training pathway

<https://www.rcseng.ac.uk/media/files/rcs/fds/careers/.../ortho-curric-sept-2010.pdf>

Requirements During Training

- Workplace based assessments (supervised learning events)
- E-Portfolio
- Life support courses; PLS, APLS
- Audit
- MSc Research
- Presentations
- Publications
- Safeguarding courses
- Teaching
- Managerial experience
- Annual review of competence progression (ARCP)

Recruitment

- National recruitment held twice per year
- National Centre: Newcastle
- Recruitment time line of the COPDEND website:

<https://www.copdend.org/postgraduate-training/national-recruitment-for-specialty/>

Competition Ratios

- On average 25 posts nationally with over 100 applicants
- Usually 100 applicants invited to national recruitment

Why train in the M&E?

- Largest regions in the country
- Diverse area resulting in wide range of pathology.
- Mix of smaller DGHs, large teaching hospitals and tertiary units ensures broad training and excellent opportunities.



Demonstrating commitment to Specialty

Top tips

- Have a broad range of post graduate experience across allied specialties, particularly Maxillofacial surgery and paediatric dentistry
- Undertake audits related to orthodontics
- Join local orthodontic societies
- Seek opportunity to shadow / observe local consultants

Where to go for more information...

- [NHS health careers](#)
- British Orthodontic Society website Training Grades Group
- Current orthodontic registrars in post
- <https://www.copdend.org/postgraduate-training/national-recruitment-for-specialty/>