

Dentsoc Survival Guide

2nd Year



Be prepared!

Second year is a big step-up from first year workload wise. There are a lot more modules (nine) to contend with and there definitely is more study to do. The timetable itself is quite heavy and you will need to manage your time well in order to keep up. The year is more dentally orientated and you will have classes in the Operative Techniques Lab in the hospital where you will learn about instrumentation, seating positions and dental scaling.

Helpful tips

Remember the book sale in CUH towards the beginning of the year (you will be emailed about this) and also the book shop on main campus sells second hand books.

To get access to CUH library, just go the library reception and ask them to give you a pin code. They will stick this on the back of your student card.

Modules & exams

For RD, take a look at Noel Ray's chapters on BB, they are very long but they are very helpful in deciphering his lecture slides, and it's him who wrote them, so he'll want to see his work coming back to him!

For your neurophysiology, a lot of the gaps in the notes are filled in by your lecturer so it is definitely worth heading to these lectures and paying attention to understand them fully! There is a list of 23 or so sample SA questions up on BB, once you know these, you are flying it for the SA section of the exam!

For tooth morphology, the morphology book is a must! Also, visit the Leeds University Website [www.leeds.ac.uk/dental/Oroface/TEETH/choice.html] and practice, practice, practice!

Don't forget your online and continuous assessments, easy marks are lost every year by students who forget these

Learning logs

These are your personal reflections on what you learned regarding the topics discussed in the CST sessions and in total there are three of them; Cultural Awareness, Communicating with Challenging Patients, Delivering Oral Health Information and the Periodontal Skill sessions. It's best to do each log after the CST session, when the information is fresh in your head. Each log is approx 500 words and it is a nice way to pick up 25% of the marks so they are worth doing well. The presentation component requires you to make a presentation based on either, one of your learning logs or all of them together, to your group and to members of the Dental Hospital Staff. Admittedly, we were nervous about these but honestly don't be. Each presentation is five minutes long and six powerpoint slides. There is also a prize given to the person/people who make the best presentation so it is worth putting effort into these.

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2nd Year



Periodontal competency test

This part examines the clinical skills you would have acquired over the six sessions in the Operative Techniques Lab. The format of this exam is quite different from normal; basically, a group of six students enters the OTL in exam conditions and takes a seat at a phantom head. Each person has a piece of paper on their desk containing the content of the exam.

Once instructed, you can read the paper and begin scaling. The question might be 'Subgingivally scale the mesiobuccal aspect of the upper right second molar'. While you scale, the examiner will stand over you and examine your technique. At the end of the exam you will be deemed competent or incompetent. Do not underestimate this exam, it can be quite intense so it is best to approach this exam in a methodical manner: read the question, go through each step in your head (instrument, seating position etc.) before you commence.

Ordering scrubs

You will need to order your scrubs in May, to have them for your June attachments. For 3rd year you only need 2 pairs of scrubs (for 4th and 5th year you will need 5 pairs). It is expected that you have a clean ironed pair for each clinical session. You can order your scrubs online from AWB Textiles online store [<http://www.awbtextiles.co.uk/>].

The scrub type is 1ST Choice, a V-neck scrub suit and is 50% Cotton 50% Polyester

The colour chosen is NAVY

Please request that your name is embroidered on the scrub

Write your name on the LEFT

The colour of the thread is RED

Embroider your First name and Surname

The font is SWISS

You should not travel to and from school in uniform, you can change into uniforms upon arrival at school. Uniforms should be laundered in a domestic washing machine, at 50°C or above, in water as hot as the fabric will tolerate, then ironed or tumbled-dried. Uniforms should be transported home in a sealed plastic bag, washed separately from other linen. Iron uniform when dry and store/transport in an unused sealed plastic bag. Scrubs to be worn with black shoes.

Collecting teeth

Over the summer of 2nd year, start looking into collecting extracted teeth for 3rd year. You will be working on real teeth in OTL, practicing caries removal, fillings, and performing root canals. Fun fun fun! You will also have to pick out your exam teeth from your collection. You will need:

A wide selection of caries affected teeth (the more decayed the better!)

For Endodontics, you will need 1 Upper Central Incisor, 1 Premolar, 1 Upper Molar, 1

Lower Molar (It is advisable to have more than one of each as some teeth might not be suitable)

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2nd Year



Collecting teeth ctd.

It really is just a matter of going to the Golden Pages and looking up dentists in your area and ringing them all up one after the other. They are used to be asked to collect teeth for students, just ask them to store any extracted teeth in milton (diluted household bleach) with water and that you'll come by in a month and collect them. Don't keep them stored in dry packets, as they will dry out and crack once you start working on them. The more teeth you have the better, we all helped each other out this year when people were stuck for certain teeth, so take everything you can get, and your Instructor will help you in picking out suitable teeth to work on when the time comes.

International Students, you will need to get a letter from the dentist that supplies the teeth to you, and the dental school regarding transport of the teeth. It may be better to look into contacting a few dentists on this side of the pond before you leave for the summer!

Stay connected

Dentsoc don't want you to feel disconnected from the dental hospital so we will be organising many academic, social and sports events throughout the year. We encourage you to come along to everything and to get to know people from all the years. Keep an eye on our website and your ucc e-mail for details.

We have setup a YouTube channel and SugarSync folder which both have useful study material. Links to these are available on our website. Keep an eye out in your email for an invitation to access the SugarSync folder.

Thanks to Jamie O'Braonain for his helpful input!