

STRUCTURE OF THE SCHEME

Duration of the course: 12 months

Start dates are January for therapists and August for hygienists

The Study Day Course

Study Days are organised by the ITP Tutor and include lectures/demonstrations, conference trips and trade exhibitions. All are eligible for CPD. These count as a paid day.

Employment details

- The course will provide a salaried three day per week position in an approved practice in Wales.
- You can apply to any of the approved practices and choose where you would like to work.
- You will be on a fixed salary. This will allow you to manage patients free from financial pressures. This is in contrast with a fee per item arrangement where payment is based on the amount of work that is done. You also have the benefit of an assured income from the end of the first month in practice. You will be employed on a formal contract.

DCPs will work in a general practice where the principal has been appointed as a Trainer having been judged to offer the guidance and the environment necessary to allow experience to be gained of general practice in a supportive and non-pressurised manner.

You are free to work the other two days per week wherever you wish, allowing maximum flexibility.

Getting through dental fear with CBT: a young person's guide H. Chapman, N. Kirby-Turner Blue Stallion £4.95 ISBN: 190412707X

This book describes a type of therapy called Cognitive Behavioural Therapy, or CBT, which has been shown to be effective for many problems, including phobias. CBT is widely used by psychologists and therapists to help patients to face going to the dentist and accepting required treatment.

I found the book to be well laid out with lots of information and coping strategies for anyone with dental fear. Although aimed at young people, I felt that it could be equally useful to adults. It was quick and easy to read, though sometimes I found it to be a bit repetitive.

I'm not sure that young people would read this book, unless an adult worked through it

with them – a parent, carer or DCP. Rather than expecting a young person to go away and read the book, it would perhaps be more appropriate to pick out specific areas which might help them.

Having two young people at home, one aged 16, one 14 (albeit not dental phobic), I asked them both to read the book. They managed the first two or three pages before losing interest and said that they found some of the words quite complicated and technical.

I personally feel that CBT is a useful tool for anyone with fears/phobias of any nature and think that it is something that dental professionals should be made more aware of and put into use in clinical situations.

Arlene Aiton, Dental Therapist



Periodontology for the dental hygienist Third edition D. A. Perry, P. L. Beemsterboer Elsevier £26.99 ISBN: 1416001751

This is the third edition of this textbook, the first being published some 10 years ago in 1996. Not being familiar with either the book or its authors I was a little concerned at it being an American publication. I wondered if differences in terminology or spelling would present a distraction to me or if current thinking in America would differ to that in the UK. This concern very quickly disappeared; it was not an issue at all.

The book approaches and presents its subject matter in a logical manner. It begins with the background to the study of periodontology, moves forward to the scientific basis of periodontal treatment and then applies it to the clinical environment, with a lot more in between. It covers all aspects of periodontology from the patient assessment to the surgical and non-surgical approach and therapeutic treatments available.

I found the book very easy to read and follow. I was able to read it while on my way to work, in my lunch hour and at home after a busy day. The language used in the book is pitched perfectly for both

the qualified and the student dental hygienist.

The material in this book is organised and delivered clearly with a common theme running through each chapter. Each chapter begins with a set of learning objectives and key headings; for the student dental hygienist this could be an ideal method of self assessment, testing their understanding of the topics covered in a particular chapter. The question and answer sections that can be found at the end of each chapter can be used in the same way. For these reasons I think that the book would be a favourable addition to the bookshelf of any dental hygiene tutor as well.

A mention must be given to both the diagrams/tables and the colour photographs in the book. The photos are as accurate as any you might find in a colour atlas textbook and the tables are ideal for revision or as a reference tool. All are supported by a thoroughly exhaustive text.

This book is so versatile; it is a textbook which should be added to the reading list of the student dental hygienist and a reference book which would be invaluable in any dental hygienist's surgery.

Vicky Williams RDH Dip OHE

