

Information for Foundation Dentists

What To Do Next? A Guide for those Completing DFT



What to do NEXT

Now you have completed your Dental Foundation Training

These notes are designed to guide you through some of the next administrative and financial procedures.

1 NHS Performer List Update Process

At the end of your Dental Foundation Training year, you will need to update your entry on the NHS Dental Performers List to show your change of status from foundation dentist to full performer and also to update your practice location. If you are to be working in a different area, there will also be a change of Primary Care Support England (PCSE) local office and this must be amended too.

These changes are made by an online application to PCSE. This [link](#) will take you to the relevant webpage.

The Yorkshire & Humber office will have informed PCSE of the names of those who have been awarded an Outcome 6 at FRCP and have achieved completion of DFT, but to complete the process you will need to upload a copy of your DFT Certificate. You can download a PDF copy of your certificate from your ePortfolio. Certificates will be released during the last week of your training year, and a button will appear at the top of your ePortfolio dashboard which will allow you to download a copy. Please save a copy of this as you may need to use this in the future for job applications or re-joining the NHS Dental Performers List.

You will also need to upload evidence of your indemnity cover (see section 2).

You must arrange for updating of your Performers List details before you commence work at a new practice. This update may take a few days.

2 Indemnity

You will need to continue to arrange your own professional indemnity. Whilst being a Foundation Dentist, you will probably have received a very reasonable financial rate from your indemnifier. Now that you are no longer a Foundation Dentist you may find that the fees or subscriptions you are quoted may be significantly higher, and you feel that you wish to choose a different option. It is important when selecting an indemnifier that you also consider the 'Run-off cover' provided by the indemnifier. This is to provide indemnity after retirement from clinical dentistry. This may be a long way in the future for you, but you must consider this at all stages in your career. Some Insurance Indemnifiers do not include 'Run-off cover' in their cover and require you to continue payment at a substantial rate after retirement to retain cover for work undertaken before retirement. This is not always made clear when taking out a claims-made policy. The main indemnifiers do provide this cover.

3 Practice Agreements

If you are continuing in general dental practice, it is very important that you have a proper Practice Agreement with the practice. The BDA and many professional indemnity providers offer an agreement checking service as part of their membership. For more information follow this [link](#).

4 Finance

If you are entering general dental practice and becoming self-employed, please remember that you need to inform [HMRC](#) of this.

It is recommended that you obtain advice about the financial records you need to keep, and advice from an accountant may be very helpful. You do not necessarily need a specialist dental accountant; it is important that your accountant is someone you feel happy speaking with and who is accessible to you.

5 Study Groups

Many healthcare professionals work together in self-formed study groups. Meeting once a month or so with your peers for discussion of clinical matters in a confidential environment provides great opportunities for peer review and learning. Your DFT Scheme group is already a formed group and it could be very productive to arrange to meet as a study group, online or face to face, soon after the end of the DFT year, and then to make arrangements to continue this in the future.

Please don't forget that the GDC requires you to have a Personal Development Plan and keep records of your verifiable CPD. Your five-year CPD cycle commenced in January of your Dental Foundation Training year.

Study group meetings can have chosen topics and if the GDC guidelines are followed they can count as verifiable CPD. For more information follow this [link](#).

Speak with the other members of your Scheme and set a date for a meeting so that the opportunity for creating a long-lasting supportive study group is not missed.

6 Professional Associations and Bodies

Wherever you go to practise dentistry, primary care or secondary, there will be local meetings of the BDA and the College of General Dentistry. Please consider making time to attend at least a few of these meetings in your area and become part of the practising community. You will find others there who can provide advice, support and encouragement.

There are also professional bodies in your area who provide governance and support to the delivery of dental healthcare locally. These include Local Dental Committees and Managed Clinical Networks. It is a great idea to become involved with this side of your profession as you then have an opportunity to influence the direction of healthcare provision for the future. Why not find out who is the secretary of your Local Dental Committee and ask to attend a meeting as an observer?

7 Wellbeing

Please always consider your health and wellbeing. You have the ability to set your lifestyle and your goals. Please never forget that your wellbeing is essential

to achievement of your goals. Seek support and advice if you ever feel that your wellbeing is under challenge. Here is a link to a very [useful publication](#).
Wellbeing Support for the Dental Team:

If you have any queries, please contact england.dentalsupport.yh@nhs.net or the Training Programme Director for your scheme.

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