

BDJ Team CPD is 5

BDJ Team CPD has been running for five years now and offers DCPs ten free hours of verifiable CPD a year through the BDA's CPD Hub. **Kate Quinlan** caught up with some of the dental nurses 'hitting the hub'.



Tereza Nyarko

Tereza, 31, is a practice manager at Meanwood Dental Practice in Leeds, a three-surgery general dental practice.

Tereza has an NCFE Level 2 Management & Leadership qualification, is a qualified dental nurse (registered) and dental technician (not currently registered). She hopes to gain a higher level qualification in practice management in the future.

Tereza has two children and loves learning, mentoring, travelling and spending time with her family.

When did you start doing BDJ Team CPD? In 2017. I heard about it through work.

How often do you log onto the CPD Hub? Once every few months. I think I've completed about 20 hours of CPD through the Hub.

What do you think of BDJ Team CPD? It's very user friendly. I have recommended BDJ Team CPD to all of my dental nurses.

What other ways do you do CPD? Through attending courses and completing online courses from various providers.



Ingrid White

Ingrid, 55, is a dental nurse at Hookstone Dental Practice in Harrogate, a private general dental practice with three dentists, one dental hygienist and four dental nurses.

Ingrid holds a BSc (Hons) Biological Sciences, the NEBDN National Diploma in Dental Nursing, and the Post Qualification Certificate in Dental Radiography.

Ingrid began her career as a research biochemist in the Pharma industry, then after a long career break to have and raise her children (now aged 25 and 23), she trained as a dental nurse.

Ingrid enjoys knitting, walking and travelling in her spare time, and being with her children.

When did you start doing BDJ Team CPD? About five years ago. I log on about once a month.

What do you think of BDJ Team CPD? I enjoy the digital articles and the CPD questions. I like the variety of topics covered. I like that there's only four or so questions to answer.

Would you recommend BDJ Team CPD to other DCPs? Yes.

What other ways do you do CPD? Online through Isopharm.

What do you like most about being a dental nurse? I like the team I work with, the variety of the work and the patients I care for.



Cheryl Goodenough

Cheryl, 40, is a dental nurse at

Woodcock Lane Dental Practice at Stonehouse in Gloucestershire, a private general dental practice that also provides NHS care for children.

Cheryl qualified as a dental nurse in 2001 and also holds qualifications in Dental Radiography, Oral Health Education and a Certificate of competency of Plaque Scoring and Fluoride Application. She is a volunteer for the charity BrushUP UK, has been married for 20 years, has two daughters, aged 11 and seven, and enjoys running and keeping fit.

Cheryl is passionate about educating children about good oral health and hopes that through providing enough preventive information to them, good habits will be passed on to the next generation so that the numbers of children having dental treatment is kept to a minimum.

When did you start doing BDJ Team CPD?

Approximately three years ago. I heard about it from a colleague.

How often do you log onto the CPD Hub?

Now that I'm full time I try to pop on monthly.

What do you think of BDJ Team CPD?

Great ease of use and can be done anywhere at any time, it's great for a busy working mum. I would 100% recommend BDJ Team CPD to other DCPs.

What other ways do you do CPD?

Through local dental groups which cover all core areas for CPD, and in-house training occasionally.

What do you like most about being a dental nurse?

The role is so varied now; no day is ever the same. Having the opportunity to gain further qualifications and having had the opportunity to use them to their full potential is so rewarding.



'It's user friendly. I have recommended BDJ Team CPD to all of my dental nurses'

BDJ Team CPD FAQs

How many hours of BDJ Team CPD are there a year? Ten!

What subjects are covered this year? Here they are:

<https://go.nature.com/2F4kqDm>

Where can I find the CPD Hub?

Here it is: <https://bit.ly/2vMaUjq>

Can I still do CPD from 2018? Yes!

Here are the subjects:

<https://go.nature.com/2nahqzx>

How much does BDJ Team CPD cost? It's free!

Who can use the CPD Hub? Any GDC-registered dentist or dental care professional (DCP)

Do I need to be a BDA member? No!

Does the CPD Hub offer any other courses besides BDJ Team CPD?

Yes! You can study for qualifications in Dental Radiography, in Oral Health Education, and a number of other courses. Find out more through the CPD Hub <https://bit.ly/2vMaUjq>

I have another question! Please email bdjteam@nature.com



Sarah Forrester

Sarah, 48, is a specialist dental nurse in a busy orthodontic and maxillofacial unit at

Arrowe Park Hospital in Merseyside, where she has worked for 21 years. As well as her dental nursing qualification, Sarah has the NEBDN Certificate in Conscious Sedation and trained with the Community Dental Service for six years. Sarah loves her job because it's different every day, and hopes to expand her role to carry out oral health for palliative care patients full time on the wards. Her hobbies include going to festivals, camping and the theatre.

What do you think of BDJ Team CPD?

I love the CPD hub; it is easy to use and there are really interesting articles, especially as I'm in a hospital so miss out a lot on general dentistry.

How often do you log onto the CPD Hub?

Probably not as frequently as I

should. I log on about every couple of months or so. Sometimes I forget how to access it but once on, I'm okay.

What other ways do you do CPD? I use Health Education North West for my CPD plus study days relevant to my role.

What do you like most about being a dental nurse?

My role is so varied I never get a chance to rest, from being in orthodontics to maxillofacial, having our own oral health clinics, being able to go on the wards and help with oral care for end of life patients. Working with a great team of Consultants, Registrars, DCTs that change every six months, hygienists, orthodontic therapists ... you never know how your day will start and end.

I also love working on the private clinics doing implants and skin work.

If I could pick one thing that I love the best at the moment it would have to be oral health for end of life patients.