

**Dental Postgraduate Department****Hands on Composite Study Day  
(SW23-02-04-01)**Date and venue:

Saturday 4<sup>th</sup> February 2023  
The Clinical Skills Lab  
Bristol Dental Hospital  
Lower Maudlin Street  
Bristol  
BS1 2LY

Course Organiser:

Lucy Silk

Course Lecturers:

**Laurina Lambert** BDentSc (Hons), MFDS RCSI,  
PG Cert Contemporary Restorative & Aesthetic Dentistry,  
PG Cert TLHP (Distinction).

**Programme**

09.00	Registration and Welcome
9.15- 10.30	Posterior composite cavity preparation (hands on)
10.30- 10.40	Reflection
10.40 -11.20	Anterior composite cavity preparation (hands on)
11.20 -12.00	Reflection Q and A cavity preparation
12.00- 13.00	Lunch
13.00 -13.20	Matrix systems; including demonstration
13.20-14.20	Posterior composite placement (hands on)
14.20-14.30	Reflection
14.30- 15.30	Anterior composite placement (hands on)
15.30- 15.45	Reflection and Q and A composite placement and finishing
15.45- 16.00	Questions and close

**Dental Postgraduate Department****Aim:**

To update clinical knowledge and skills of direct composite restorations through practical hands-on experience of anterior and posterior restorations via manikin heads in a clinically simulated environment.

**Objectives:**

1. Understand the principles of cavity design for direct composite restoration of both anterior and posterior adult teeth
2. Apply these principles in a simulated clinical environment using hands-on practical experience
3. Recognise the variety of composite bonding and moisture control options available in general dental practice
4. Practice utilising these operative techniques on manikin head adult dentition
5. Analyse and critique your skills to formulate an action plan for continued professional development through self-reflection and feedback

**Outcomes:**

Following this course learners should be able to:

Feel more confident placing composite restorations

**GDC development outcome:**

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The eGDC activity log suggests reflecting on the following during and after this course:

- What did you learn (or confirm) from the activity that was helpful or relevant to your daily work and patients?
- Did you identify any changes/updates needed in your daily work, and if so, what? How did you make these changes?
- If you didn't identify changes needed, what did the activity confirm for you, that you may already know or be doing?
- What was the benefit to your work and/or your patients in carrying out this activity?



*Health Education England*

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