

# FD/DCT career talk

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StR in Restorative Dentistry

13/1/26

# Learning outcomes

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My career to date

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Specialty training in Restorative Dentistry

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Preparing for and navigating the interview process

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Research/Academic posts

# About me

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# Newcastle School of Dental Sciences

- 2015 - Early career clinical fellow in Restorative Dentistry
- 2017 - Clinical Fellow in Restorative Dentistry
- 2019 - BRC fellowship
- 2023 - PhD from Newcastle University
- 2024 - Clinical Lecturer/Honorary StR in Restorative Dentistry
- Sept 2025 - StR in Restorative Dentistry – Belfast Royal Victoria Hospital



**HOW MANY SPECIALTIES ARE THERE?**

# GDC- Recognised Specialties

## Dentist specialist lists 2020 – 2024

	2020	2021	2022	2023	2024
Dental and Maxillofacial Radiology	29	30	31	32	33
Dental Public Health	98	95	89	85	83
Endodontics	315	322	321	324	334
Oral and Maxillofacial Pathology	34	35	35	39	40
Oral Medicine	70	70	66	71	77
Oral Microbiology	7	6	6	5	5
Oral Surgery	743	758	750	753	771
Orthodontics	1,405	1,399	1,400	1,401	1,406
Paediatric Dentistry	249	250	251	262	274
Periodontics	388	388	395	400	414
Prosthodontics	455	451	453	452	448
Restorative Dentistry	302	303	300	306	309
Special Care Dentistry	296	297	278	274	263
<b>Total</b>	<b>4,391</b>	<b>4,404</b>	<b>4,375</b>	<b>4,404</b>	<b>4,457</b>

# What is Restorative Dentistry?

- Developmental disorders
- Oncology patients.
- Dental Trauma
- Sustained damage caused by periodontal disease, tooth decay, tooth attrition and acid erosion.
- Severe medical and surgical problems to ensure the best treatment outcome.



# Life as a Restorative StR

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- 5-year training
- MDC
- Diagnostic clinics
- Specialist treatment
- Training
- Monospec optional



# Specialty Training Dates



# Self assessment

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- Start building early.
- Research and presentations form a part
- Requirements vary between specialty



# Interview Format

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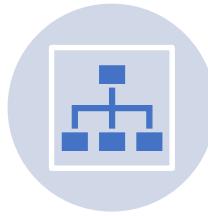
- Virtual format
- Three stations:
  - 2x clinical scenario
  - 1x combined management case and patient factor case
- 1 hr total
- Weighted to clinical scenarios
- Interview breaks ties



# Preparing for Interviews



Practice mock stations (online).



Have a structure (but be flexible)



**Remember the obvious**



Know your guidelines and complaints procedures



Know failure rates



Some posts come up later

# Why be an academic dentist?

- No day is the same!
- Teaching
  - Supervision
  - Examination
- Research
  - Funding
  - Papers
  - Travel

Benchmarking



# Tips

- Start early — portfolio building is gradual.
- If you are unsure, try DCT.
- Seek mentors.
- Check university job listings if interested in academia

