

## CGDENT AND GC AWARD FOR FOUNDATION DENTISTS ENTRY GUIDANCE

The CGDent and GC Award for Foundation Dentists is open to all Foundation Dentists and Vocational Trainees in the UK. This is your opportunity to gain recognition for your clinical skills, and the high standard of care you have provided to your patient.

To enter, you must submit an aesthetic case that you have treated during your Foundation or Vocational Training. You will find details on case criteria further in the guidance.

### KEY DATES

Entries close	Friday 23 February 2024
Cases submitted by	Friday 5 April 2024
Winners announced by	Early June 2024
Composite layering course	Thursday 11 July & Friday 12 July 2024

### HOW TO ENTER

1. Identify an appropriate aesthetic case to enter the competition
  2. Complete our online entry form, including initial case photographs
  3. Receive your free GC G-aenial Composite kit – limited number available
  4. Carry out restorative treatment using GC **or other composite**
  5. Submit your case
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1. The first step is to identify an aesthetic case amongst your patients that you would like to enter into the competition (see the Case Eligibility Criteria). Ensure you gain your patient's consent as well as consent from your Educational Supervisor or NHS Trust/University, before you enter the competition.
  2. Ready to enter? First [create a free account](#) on the College website or [sign in](#) to an existing account. Please **check your junk box** if you do not receive a confirmation email.

Complete our online entry form and attach up to six photographs of the aesthetic case you plan to treat. **For tips on effective clinical photographs, watch this video.**

Photographs should be named, dated, high-resolution Jpeg files, max 3MB each. They should clearly show the teeth to be treated and include the following:

- face on retracted view
- left lateral retracted view
- Right lateral retracted view

In addition, to support your case, you may also include photos without retractors, smile, full face view or occlusal view. Check the **Presenting your Final Case** section for final case requirements to ensure you have all the initial photos you will need.

Go to [cgdent.uk/cgdent-gc-award](https://cgdent.uk/cgdent-gc-award) to complete the entry form.

**The award closes for entries on Friday 23 February 2024.**

3. As long as your case is eligible for entry, we will send you a free GC G-aenial Composite kit, worth in the region of £250, to use in your case treatment (while stocks last). **You are NOT required to use GC composite in your treatment. You may use ANY composite material you choose to treat your case.**

If, after your initial entry, you find a better case you would prefer to treat, you may contact us with new pre-treatment photographs and we will confirm if the case is eligible. We will not be able to send you another GC G-aenial Composite kit but you may use alternative material. Please email your new photographs to [contact@cgdent.uk](mailto:contact@cgdent.uk)

4. Carry out your aesthetic treatment on your patient.
5. Once completed, submit your case by the final entry date - a PDF containing a short rationale, treatment plan, outcome, and reflection accompanied by pre- and post-treatment photographs. Go to [cgdent.uk/cgdent-gc-award](https://cgdent.uk/cgdent-gc-award) to upload your case.

**You may submit your case as soon as you have completed it, but the final case submission deadline is Friday 5 April 2024.**

## **CASE ELIGIBILITY CRITERIA**

Your case treatment must cover more than one tooth and include the use of composite to restore teeth, in addition to other restorative techniques.

A single tooth would be acceptable if it involves the treatment of a badly discoloured tooth or trauma. The overall treatment may include a single veneer or crown or an adhesive bridge but only as part of the full restorative treatment with composite. Aesthetics posterior to the first premolar teeth should not be included – but restoration of posterior teeth, if required, will not preclude entry.

The following treatments are eligible for entry:

- Treatment for caries
- Treatment for trauma
- Treatment for toothwear
- Aesthetic bonding which could include whitening or minor orthodontic tooth movement. Orthodontics could have been started by a predecessor but you would need to finish the restorative phase of treatment.

Please note: cases that show various degrees of periodontal issues should have a significant improvement in the clinical appearance of the tissues in the final case submission.

### Example cases

These photographs are just a few examples of the types of case you could submit. Further examples are provided at the end of this document.

#### CASE A

Restoration of a fractured tooth and replacement filling

##### Pre-treatment photograph



##### Post-treatment photograph



#### CASE B

Aesthetic composite space closure

##### Pre-treatment photograph



##### Post-treatment photograph



#### CASE C

Replacement of old unsightly composites

##### Pre-treatment photograph



##### Post-treatment photograph



#### CASE D

Internal whitening and composite veneer

##### Pre-treatment photograph



##### Post-treatment photograph



## PRESENTING YOUR FINAL CASE

Your final case should consist of case photographs that illustrate the treatment you carried out, supported by a short written clinical record. You should include pre-treatment and post-treatment photographs and you may include interim photographs if you think these are relevant to your case. **The judges will predominantly assess your case on the strength of your photographs, looking at your clinical dentistry skills and how your treatment has benefited your patient and transformed their appearance.**

Save your case as a PDF, with your full name in the file name, and submit it to us on the CGDent website at [cgdent.uk/cgdent-gc-award](http://cgdent.uk/cgdent-gc-award)

Here is an outline of the sections you should include, indicating the word limits allocated. **We have also created an example of a final case for you to follow and a video that includes formatting tips (see below).**

### CLINICAL RECORD

(Up to 600 words in total)

#### To include:

- **Presentation on initial visit:** initial complaint/ history of clinical presentation
- **Relevant medical, dental, social history:** only include this if relevant, otherwise N/A
- **Brief record of initial clinical presentation:** extra oral and intra oral – radiograph(s) only if clinically necessary
- **Brief description of initial treatment plan,** including an outline of any relevant treatment discussions with your patient
- **Pre-treatment photographs:**
  - face on retracted view
  - left lateral retracted view
  - Right lateral retracted view

Optional photo views to include only if they support your case:

- Face on, left and right lateral views **without** retractors
  - Occlusal view
  - Smile view
  - Full face
  - Include pre-treatment dated radiographs, only if clinically necessary
- **Interim photographs and radiographs,** include if relevant to the final outcome

### RECORD OF TREATMENT SEQUENCE

A written treatment record is **not needed in most cases** and should only be included for more complex cases (up to 250 words)

- **Post-treatment photographs**

- The same format as pre-treatment photographs
  - Include post-treatment radiographs, only if clinically necessary
- **Pre and post treatment photographs positioned next to each other for comparison**

## REFLECTION

(up to 250 words)

Include learned experiences, problems you encountered and how you addressed them, what you have learnt and how you would have treated the case differently. Or if it all went smoothly, just say so.

## FINAL CASE SUBMISSION EXAMPLE AND GUIDANCE VIDEO

Scroll down to see an example of a final case for you to follow and [watch our guidance video](#) for tips on how to format your case in MS Word.



**CGDent and GC Award for Foundation Dentists**

**DR FRED BLOGGS - CASE PRESENTATION EXAMPLE**

**CLINICAL RECORD ON PRESENTATION**

- Pt presented – no pain
- Concerned with her gappy appearance
- Dislikes her midline gap - would like it closed
- Knows she was born without her two lateral incisors and would like those to look less pointy and more like a normal front teeth
- Was unaware that her teeth may look larger than they are already if the spaces are closed
- Was not prepared to pay for a diagnostic wax up – but happy to proceed as she understands the procedure is additive and so the additions can be removed or modified if she does not like them

**Discussed**

- The choice of doing nothing – not acceptable to the patient
- Orthodontics – does not want to wear braces long term – she was told that it would involve moving canines which would be a slow prolonged treatment option – over a year
- Did not appreciate the tooth sized space left following orthodontics would require either a denture or an adhesive bridge – pt too young for implants as bone growth continues until around the age of 23 or so – implants submerging are a possibility
- Pt does not want a denture – has a friend who had an adhesive bridge that keeps coming off and does not one of these either

**Further discussion** – pt decided she would prefer composite space closure – does not want her teeth cut, so will not accept veneers. Appreciates composite could chip or discolour but is prepared to take that risk.

**Discussed whitening** –

- pt informed that if whitening is a possible choice at some point in the future, the composite will not change colour and so there would be a cost to reveneer the space closures provided
- pt did not appreciate that composite cannot be whitened and would like to proceed with that first

**Clinical observations** – the patient has a mild anterior open bite so the prognosis of longevity is very good and chances of chipping very low – pt informed that eg opening packaging could cause debonding and replacement would be at the patient expense

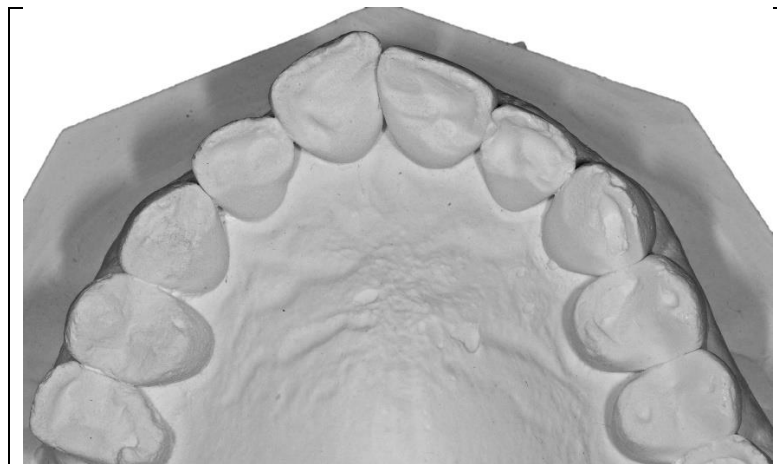
Only other points you may feel are really pertinent to the case should be briefly included

Medical History, periodontal chartings etc are not required unless there are specific issues which you had to take into consideration as part of the treatment plan

Did you feel confident to move forwards working free-hand or did you prefer to carry out a diagnostic wax up???? – I chose to do this case free hand



If you took an occlusal view, you should include it here if pertinent. However, don't worry if you omitted to take one



Occlusal view



Retracted view prior to treatment



Pre and post whitening



Pre and post space closure





Close up view



Post treatment retracted view



Pre and post treatment views

## **REFLECTION**

The Reflection is a key part of the case. In this section, you can write about what you have learnt by treating this case. Did you encounter any problems? How did you address them? How would you treat the case differently if you could do it again? Or did it just go smoothly, in which case just say so.

## **SELECTING THE WINNERS**

A maximum of 14 winners will be selected for the 2023/24 CGDent and GC Award for Foundation Dentists.

**The winners will be announced in early June 2024.**

The Judging panel comprises the Trustees of The Tom Bereznicki Charitable Educational Foundation and suitably qualified members of the College, and their decision is final. The Trustees of The Tom Bereznicki Charitable Educational Foundation represent the College of General Dentistry and GC UK.

Winners will be invited to attend the CGDent Fellows' Summer Reception, held in London in June 2024, to receive their award certificate (date to be confirmed). If they are not able to attend, their certificate will be posted to them.

Each winner will receive a fully-funded place on a composite layering course held over two days at GC's Education Campus in Leuven, Belgium. The prize includes travel costs to and from Belgium, hotel accommodation and all meals, except on the evening of arrival. Winners will be expected to travel to and from London St Pancras Station or their local airport at their own expense.

**The course takes place on Thursday 11 July and Friday 12 July 2024 – leaving London early Thursday and returning early Saturday.**

When the course has been completed, winners will also receive a CPD certificate.

**Scroll down to see further examples of the types of cases that would be eligible for the competition.**



## ADDITIONAL EXAMPLE CASES

### CASE E

Composite build up peg laterals and spacing

**Pre-treatment photograph**



**Post-treatment photograph**



### CASE G

Aesthetic improvements with composite

**Pre-treatment photograph**



**Post-treatment photograph**



### CASE I

Cosmetic space closure with composite

**Pre-treatment photograph**



**Post-treatment photograph**



### CASE F

Restoration of carious teeth

**Pre-treatment photograph**



**Post-treatment photograph**



### CASE H

Emergency restoration of fractured teeth

**Pre-treatment photograph**



**Post-treatment photograph**



### CASE J

Adhesive bridge and cosmetic composite bonding

**Pre-treatment photograph**



**Post-treatment photograph**



**CASE K**

Cosmetic composite space closure

**Pre-treatment photograph**



**Post-treatment photograph**



**CASE L**

Post trauma cosmetic composite repair

**Pre-treatment photograph**



**Post-treatment photograph**



Photo credits: Case A courtesy of GC – all other clinical cases courtesy of Dr Tom Bereznicki