

A DAY IN THE LIFE

#workingtogetherPCFT

...of a Dental Core Trainee

Name: Zenab Aslam

Position: Dental Core Trainee

Location: Bury and Heywood, Middleton and Rochdale

Time in role: 8 months



What does the role involve?

As a trainee my post is varied, so I'm able to experience lots of different things. I do some work in the urgent care department, providing dental treatment to patients who are unable to access it from a routine dentist, and I also work with the minor oral surgery department. I also provide dental care to children and adults who may be anxious or medically compromised. I'm also part of the epidemiology fieldwork team, and this involves going out to schools in Lancashire carrying out the dental survey of five year olds for Public Health England.

Why did you choose this role?

Being at an early stage in my career as a dentist, I wanted to be able to increase my skills and knowledge in different areas - whilst also being in a protected role. I'm very lucky as I have educational and clinical supervisors within Pennine Care, who are always there to mentor and support me if needed.

What is the most rewarding aspect of your job?

Most days I'm able to help people in pain, or increase people's confidence in their smile, so I feel my role is very rewarding in this regard!

What's the hardest thing?

I'm sometimes part of the theatre team involved in the provision of general anaesthetic to children who require dental extractions. It can be quite distressing to watch a very small child undergo the procedure, especially if the underlying reason is dental decay which is preventable.

What did you want to be when you were younger?

I always knew I wanted to help people, but as a child I was gifted a medical toy set which made me think I would like to be a doctor. After doing some research when I was a bit older and wiser, I started work experience and decided dentistry would fit me more as a person.