

# AEGD AND GPR RESIDENCY

*Notes from the AEGD and GPR Residency Series - Updated March 2024*

This information is a result of the annual ADEA Residency Series, co-sponsored with the Office of Career and Professional Development and the UCSF ADEA chapter. Residents shared their thoughts about AEGD and GPR dentistry on a panel and gave advice to dental students about the application process and residency experience.

## EXPLORING AEGD AND GPR RESIDENCIES

**Q: Can you give a basic overview of your program? What are the benefits of doing an AEGD/GPR residency? What is the difference between AEGD and GPR residencies?**

**A:** Overall, it's important to realize what you're looking for in the program and determine which program is the best fit for your needs. Regardless of whether you choose an AEGD or a GPR, you are guaranteed to be a better clinician after doing these programs for one year. GPR (General Practice Residency) and AEGD (Advanced Education in General Dentistry) differ mainly in their settings.

**GPR:** GPR programs are typically based in hospitals. This means GPR involves a mix of rotations that residents need to complete. For example, there's a two-week anesthesia stint where residents team up with anesthesiologists on various cases. Plus, there's a two-week rotation in general medicine. In GPR, residents mostly deal with patients who have complex medical issues. It's a great learning experience for adapting dental care to fit different medical and cognitive needs, especially among people with disabilities. UCSF is a leader in getting their residents comfortable with such populations and helping them to build a very strong interpersonal skill set. Remember, GPR programs can vary. While UCSF's is more hospital-oriented, others might focus more on outpatient clinics with some hospital work thrown in.

**AEGD:** The primary advantage of pursuing an AEGD is the significant enhancement in clinical competence it offers. Unlike the experience of seeing only 1-2 patients a day, residents typically engage with 7-8 patients, which provides them with ample opportunities for clinical skill development. The program accepts 11 residents every year. UCSF's AEGD program operates across four distinct sites: Eureka, Palo Alto, Pittsburgh, and UCSF. Each site offers varying patient volumes and types of work. Some sites function akin to externships, providing support from assistants and faculty, while others, like Eureka, may involve seeing up to 20 patients daily. A notable aspect of the AEGD program is its flexibility, which allows residents to tailor their experiences based on individual interests. Within the program, residents have the option to undergo training in IV sedation, resulting in a certification, though it is not mandatory. This flexibility distinguishes AEGD from GPR, where IV sedation training is obligatory. Furthermore, some AEGD graduates successfully transition into orthodontic and pediatric residency programs, showcasing the program's potential as a pathway to further specialization.

**Q: What is a typical day in the life of a resident? What do you enjoy and what do you find most challenging?**

**A:**

**GPR:** In the GPR program, each day brings a unique experience based on our four different rotations. Depending on where we're assigned, our activities vary. Some days, we start with clinic work or morning lectures around 7:30-8am. At the Laguna Honda location, we focus on patient care, gaining valuable experience similar to private practice. Meanwhile, at the UCSF location, we primarily handle pre- and post-head and neck

radiation cases, along with basic dental treatments like evaluations and cleanings. San Francisco General Hospital presents the most varied rotation. Here, residents may find themselves taking numerous calls, potentially working all night and into the next morning, including weekends. During this rotation, we oversee the oral surgery clinic and assist with oral alveolar and facial trauma cases alongside the oral surgery team. While demanding, residents appreciate the immense learning opportunities provided by this rotation. However, juggling clinical responsibilities, educational commitments, and personal life can pose significant challenges to effective time management. The program's demanding pace requires residents to develop efficient time management skills and remain adaptable to address the diverse needs of patients and clinical scenarios.

**AEGD:** In the AEGD program, residents immerse themselves in a setting akin to a private practice. Here, they encounter a diverse array of patients and perform various procedures, such as examinations, prophylaxis, and prosthetic cases. A significant aspect of their experience involves handling emergency extractions, including surgical procedures like bone and membrane placement, as well as implant placements. Each resident's journey is unique, shaped by the cases they encounter. The dynamic nature of patient needs ensures that every day brings new challenges and learning opportunities. The prevalence of emergency cases enriches residents' expertise in managing such situations effectively. Collaboration is integral to the program, with residents working in a supportive team environment where assistance is readily offered to colleagues in need.

Furthermore, the presence of various specialty departments at the UCSF site enhances residents' exposure. Interactions with different specialty residents facilitates collaborative discussions and learning experiences. Through hands-on practice, residents gain insights into their strengths and limitations, honing their ability to discern when to proceed independently and when to refer cases to specialists.

## **APPLYING TO AEGD AND GPR RESIDENCIES**

### **Q: What are the requirements to apply?**

**A:** For AEGD/GPR, there's no major requirements to apply. There's no exam you need to take. All candidates are required to obtain a MATCH identification number. The deadline for submitting applications to the program is October 15th. The program is involved in the PASS system. Applicants have to pass National Board Exam Part I and Part II and hold a DDS or DMD degree.

### **Q: What are the most important factors students should consider when looking at AEGD/GPR residencies?**

**A:**

**GPR:** Since the program requires residents to collaborate with other medical professionals in other fields, the ability to work in a team and good interpersonal communication skills are highly valued. This could be reflected throughout many extracurriculars and leadership positions throughout the dental career of the applicant. Maturity, patience, and emotional intelligence are also desired because you will be working with a special needs population.

**AEGD:** Applicants are expected to know about the program, including its strengths and weaknesses. Letters of recommendations play an important role, so students should focus on establishing relationships with faculty. The letter should include any complex cases the applicant managed.

**Q: What is the cost of attending an AEGD/GPR program?**

**A:** For UCSF's GPR program, you will receive a stipend of \$51,871. There's no tuition involved. For AEGD, you also receive a stipend of around \$40,000. Second year residents receive \$45,000/ year.

**Q: Why did you choose UCSF's residency program? What resources and criteria did you use in choosing different programs to apply for?**

**A:**

**GPR:** UCSF allows you to see a variety of patients at the 4 different sites. In addition, UCSF is very hospital-based, and you will have many opportunities to work with providers from other medical fields. UCSF residents are able to work with modern technology in dentistry, including CAD/CAM and soft tissue lasers.

**AEGD:** You have the freedom to choose which procedures you want to do. In addition, you get to work with medically complex patients. The program simulates a private practice setting, which will prepare you to practice after graduation. You get to work closely with specialists and see all areas of dentistry.

**Q: Do you have advice or suggestions for the application process?**

**A:** Submitting your application early is crucial. Aim to have it completed by September of your fourth year. Establishing connections with faculty is vital, as they play a significant role in obtaining letters of recommendation. Be mindful that some schools require secondary applications to be filled out, so double-check the necessary documents before applying. Diversify your volunteer experiences beyond dentistry-related activities. Determine your preferred residency location in advance, considering factors like weather, culture, and community. Visiting programs beforehand can provide valuable insights into the school environment. Keep a record of the procedures you've performed and be prepared to discuss any complex cases during your interview.

## AUDIENCE Q&A

**Q: I'm interested in applying for a dental anesthesiology program, and I heard that doing a GPR gives me good exposure to that. What are your thoughts on this?**

**A:** GPR or even AEGD gives you good exposure to dental anesthesiology so if this is what you're interested in, definitely consider applying.

**Q: Can residents pursue research in the program?**

**A:** Depending on the interest of the resident, they should connect with faculty for research mentorship early on in the program.

**Q: What are the clinic locations of the AEGD program ?**

**A:** They have locations at the UCSF School of Dentistry, Eureka, Pittsburg, and East Palo Alto.