

This information is a result of the annual ADEA Residency Series, co-sponsored with the Office of Career and Professional Development and UCSF ADEA chapter. Faculty, residents and D4s on a panel shared their thoughts about the qualities of an outstanding candidate in their specialty, and gave advice to D1s, D2, & D3s 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?

Answer: 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: The biggest difference between GPR and AEGD is that GPR is hospital based. Thus, there are different rotations that are required to be completed. For example: there's a 2 week anesthesia rotation where you work with an anesthesiologist on different cases. You also have a 2 week rotation in general medicine where you basically are like a medical student. We also provide a lot of oral surgery exposure in our program, it's a 3 month rotation. You'll be trained in IV sedation.

- GPR residents we work almost exclusively with medically-complex patients so you really learn the modifications to dental care that are necessary to accommodate a variety of medical complexity, cognitive disability, physical disability of the special needs population.
- The biggest strength of UCSF GPR program is becoming comfortable working with this special needs population and understand the different modifications to care as well as learning how to interact and communicate interprofessionally. You're constantly talking with medical doctors, nurses, etc. It's very interactive and collaborative care.
- Other GPR differ in spectrum of what they offer. So UCSF is very hospital based while other GPR is more outpatient clinically based with a hospital component.

- AEGD: The main benefit of doing an AEGD is that you will be more competent. Instead of seeing 1-2 patient a day, you'll see 7-8 patients. We accept 11 residents per year. UCSF have 4 different sites: Eureka, Palo Alto, Pittsburgh and UCSF. The sites vary in the nature of work and number of patient you get to see. Some sites are like externship: you'll get an assistant, faculty, etc. Other sites, Eureka for example, residents may see 20 patients per day.

- You have a lot of flexibility in AEGD program where you choose what type of work you do based on your interest. In AEGD, you have the option of doing IV sedation; it is offered and you'll receive a certificate for it, but it's not a requirement. This is where AEGD and GPR differ. In GPR, you have to do the IV sedation rotation, it's required.
- In addition, a few of the graduates of AEGD program are able to get into orthodontics and pediatric residency program.

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

Answer:

-GPR: For the GPR, our days differ each day. We have 4 different rotations. Depending on your rotation and where you're supposed to be, you'll be doing different things. Sometimes you'll be in clinic, other times in lectures in the morning. Usually you'll start working at 7:30-8 o'clock in the morning.

- If you're at the Laguna Honda location, you'll be seeing patients all day there. You'll get experience similar to private practice there.
- At UCSF location, you see a lot of patients in pre and post head and neck radiation. You also get to do basic dental treatment like evaluation and cleaning
- If you're at San Francisco General Hospital, this is the most variable rotation because you'll take a lot of calls so you could be there all night and then again next morning. You'll be on call on the weekends. In addition, when you're at this rotation, you'll be running the oral surgery clinic. When you're on call, you'll work with the oral surgery team to deal with oral alveolar trauma, any facial trauma in general. It's a pretty demanding and time-consuming on call schedule but the residents appreciate what they're able to learn in this rotation.

AEGD and GPR Residencies

Notes From the ADEA Residency Series

- The days are longer than 8-5. You have to do a lot of contacting within the medical field and those takes extra time.

AEGD: Residents get to work in a private practice like setting. You see a variety of patients, do exams, prophylaxis, prosthetic cases etc. You get to do a lot of emergency extractions. Residents are able to do surgical extractions, placing bone, membrane, and implant placements. Each resident gets a different experience based on what cases we get.

- Every day is different because different patients require different treatment. But we do get a lot of emergency cases, so this gives you a lot of experience dealing with these cases.
- We work at a team setting and help each other. If one of us finishes early and we see one of our colleagues needs help, we will go and assist.
- Also at the UCSF site, because we have most of the specialty in house. You can work with all different residents. If you are on a periodontal case, you can grab a periodontal resident and talk to them about the case.
- You will learn what your strengths and limitations are, what you can and cannot do, and when you should refer.

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. You just have to pass National Board Exam Part I and Part II and have your DDS or DMD degree.

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

Answer:

- For GPR program, 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. Maturity, patience and emotional intelligence are also desired because you will be working with special needs population.

- For AEGD, we like applicants that did their homework and know the strengths and weaknesses of the program they're applying to. Candidates with good relationships with their mentors, which is reflective in a strong letter of recommendation, are looked favorably upon. The letter should include any complex cases the applicant managed.

Q: What are the costs of attending an AEGD/GPR program?

Answer:

- For UCSF 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. There's no overnight on call.

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

Answer:

- 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.

- 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. And finally, you get to work with all kinds of materials and see which one you like.

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

A: It's important to apply early. Make sure to get all your recommendations in as soon as you can. Beware that some schools have secondary applications that need to be filled, so when applying to school, make sure to double check on the documents that need to be submitted. Have a variety of volunteer experience, not just dental related. Know where you want to do your residency. Location is important. The weather, culture, people makes a difference in the quality of your residency. Try to visit the programs beforehand to get a feel of the school. Keep track of the procedures you did and be able to articulate any complex cases you encounter 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.