

## **Dr. Dany Antony – Going through a residency program**

Dr. Antony: Hi, my name is Dany Antony. I'm an internationally trained dentist. I did my DDS from Dalhousie University, Halifax, in 2017 followed by GPR in 2018. Currently I'm working at Dental Service Group in Edmonton, Alberta. This is a non-hospital surgical facility. If you ask me what attracted me to do a residency, since I did my DDS at Dalhousie, I had enough exposure to the GPR program that Dalhousie offered. From my perspective, Dalhousie GPR is a well-balanced comprehensive program that covers all necessary specialties with a higher emphasis on prosthodontics. The cases that Dalhousie GPR residents handle are those that are too complex for the undergrad students. The program offers a concrete exposure to the world of complex dentistry, prosthodontics in particular. Typical day of the residency depends on where your posting is. If you are at the GPR clinic, we set up our cubicles around 7:40 AM, review the charts and lab works for the day and bring in the patients around 8 o'clock. Usually there are four to six patients booked for you, depending upon your speed and the type of the procedure you're doing.

Dr. Antony: In case if there is a no show, you can choose to help and mentor the students in the emergency clinic which is run by Chris Lee, he's the director of the GPR program. The clinic usually finishes at 4:00 PM but myself and the fellow residents used to stay in the clinic till 5:30 to 6:00 most of the days. We would review each other's cases so that we all could learn something new, finish the lab work, review the charts for the next day. If you are posted in OMFS, the posting is that the Victoria General Hospital, so you would follow the same schedule as the OMFS resident. You are able to start usually around 6:45 AM with rounds in the hospital. This is followed by a pre-admission clinic for orthognathic surgery where you would help the first-year OMFS resident to evaluate and screen the orthognathic patients. The clinic starts at 9 o'clock and you would be with the first year OMFS resident doing IV sedations and extractions.

Dr. Antony: You could also choose to go to the OR, observe and assist the surgeon. The clinic ends when everything is done, which is usually around 5:30 PM. During other rotations like plastic ENT, pediatrics and anesthesia, you would follow the schedule of the respected to department. The best thing about Dalhousie GPR was the clinical experience that I obtained in not only treating the patients but also managing them. From that perspective, everything I learned at Dalhousie is useful in my day-to-day practice. I never had a single day during my residency where I thought, I'm never going to do that procedure in my prior practice. For me, that speaks volumes about the program. Chris Lee, the director of the GPR program, encouraged all of us to be independent in all aspects of the training and seek his advice only when needed. This would be the second highlight of the program.

Dr. Antony: The third best thing about Dalhousie GPR was Chris' advice that he gave us at the beginning of the year. He told us Dalhousie GPR is what you make out of it. If all you want to do is routine treatment, you can do that. But if you want to do more, there are opportunities for you, but no one is going to spoon feed it to you.

Dr. Antony: If I'm giving a few [pieces of] advice for the young colleagues, the most important advice is that do your own research, understand what the programs offer you. There's no point in going to a GPR program because it is associated to a prestigious university and there is nothing worse than being stuck in the wrong type of residency program. If you are in the hospital-based experience, go for a hospital-based residency, but if you are interested in pediatric dentistry or prosthodontics, choose accordingly. The second advice would be to make the most out of the program. If you are not willing to go the extra mile, then you're wasting your time. The third and final piece of advice would be to work as a team with your fellow residents so that all of you can learn and make the most out of the program. Seek help from the specialists available to you so that you can do more complex cases. Thank you.