

Review Article

What Next - Career Motivations after Graduation in Dentistry the Present Scenario in India

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ABSTRACT:

Students are inspired to take up dentistry for factors related to security, social and professional status, financial rewards, better quality of life, and for working with people. The period of internship is the most suitable period to plan the future strategy by setting up professional goals for an appropriate career path. The number of options after graduating dentistry is many and choosing the best option that will satisfy passion as well as income, having an overall professional goal will enable to secure a bright and secure future in dentistry. In many instances parents take up the decision to place their children in dentistry based on their knowledge and then it is the turn of the children to put in their best efforts to succeed in life as they are matured enough to judge the need of their souls. Earning money as well as serving the people who are in need must be the vision of every graduating student. Dentistry gives a secured platform to take up the field of specialized interest and even if it fails to succeed there are always diverse options. The articles located, extracted and reviewed were relevant studies published in English language from selected websites and dental journals published online. This review article makes an attempt to focus on the different career paths available for students to pursue after their Bachelor graduation in dentistry.

Key words: Dentist, Dental Education, Dental Students, Career Options, Future Prospects, Awareness, Dentistry in India.

Key message: The responsibility in life does not just end as an Intern but it is miles to go. Dentistry gives a secured platform to take up the field of specialized interest and even if it fails to succeed there are always other options after graduation.

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INTRODUCTION

The happiest moment in the life of dental students would have been the day of completing final year of Bachelor of Dental Surgery (BDS). It is after a lot of stress and strain, internship is a life when there is relief from stress and pressure. Chantal Sutherland said, "Believe in yourself, take on your challenges dig deep within yourself to conquer fears; never let anyone bring you down. You got to keep going". As Chantal Sutherland has said believe and gear up to face the challenges on the path of life. The period of internship is the most suitable period to plan the future. The dental students experience excessive stress regarding the career prospects faced by dentists due to the excessive competition in the metros, urban and semi urban areas

and so this review article aims to create awareness among dental students about future prospects as well as alternative career growth opportunities available after graduating dentistry.

Career options after graduation

Internship is the period where the student walks with head held high and with responsibility of treating the patients as a Doctor. It is a joyful period when they are given the great responsibility of conducting academic and all the other extracurricular events in college. Dentistry is a healing service and serving the people who are in need must be the vision of every graduating student. ¹In many instances parents take up the decision to place their children in dentistry based on their knowledge and then it

is the turn of the children to put in their best efforts to succeed in life as they are matured enough to judge the need of their souls.² Sailing in the field of dentistry for the past four years, the students become well aware of what they are into and may be confronted with the vital question of whether they are satisfied with the current field. In a few other instances students are inspired to take up dentistry for factors related to security, social and professional status, financial reward, better quality of life and working with people.³ There are approximately 303 dental colleges in India out of which nearly 24500 students are being graduated every year from these dental colleges. There are more than 180000 dentists in India. The ratio of the dentists to the prevailing population is estimated to be around 1:200000 in the rural areas and 1:9000 in the metros, urban and semi urban areas according to the Dental Council of India.⁴ In this competitive situation dentists are pushed to acquire better skills to succeed and they need to prepare their mind to take giant leaps and shine in Dentistry or change to the field of their interest.

Passion for teaching

If there is a passion and interest to share knowledge and experience with others then join in any Institution as a lecturer.⁵ However the pay and other benefits although may not be worth the efforts put in and there will also be no promotion to the next level.

Jump start a dental clinic

To start a dental clinic it is advisable to first gain the necessary experience by working under a reputed practitioner.⁵ This will enable to gain confidence and exposure in a clinical set up since it is totally different experience from a college set up. After gaining the necessary experience and financial support from family, start up the clinic but keep it simple for the start.^[6]

You tuber

You tube is a vast platform for displaying ones skills. Dr. VikramYadav is a famous Doctor who documents each case he undertakes and he is one of the top You tuber. He earns approximately \$1.5k to \$24.3k that is Rs. 90000 to Rs. 1458000 monthly from You tube.⁵

Certificate courses

There are a lot of certificate courses in an around Tamil Nadu.

- Aesthetic dentistry, Integrated Dental Photography Certificate course, Laser Dentistry, Dental Materials, Oral Implantology is available in Manipal College of Dental Sciences, Manipal.
- Aesthetic dentistry, Oral implantology is available in M.S. Ramaiah Dental College affiliated with Rajiv Gandhi University of Health Sciences, Bangalore.
- Vinayaka Missions Sankarachariyar Dental College, Salem, Tamil Nadu in association with NobelBiocare conducts hands on course on Oral

Implantology. The three modules concentrate on theoretical, surgical and prosthetic procedures under the able guidance and supervision of experienced trainers. Patients and three implants are being provided along with the course.

- Implantology, Laser Dentistry, Rotary Endodontics, Aesthetic Dentistry, Fixed Orthodontics, Minor Oral Surgery and Medical Emergencies, Perio, Flaps and Grafts, Full Mouth Rehabilitation is available in Asian Institute of Advanced Dentistry(AIAD), Hyderabad, Telangana a Registered Service Provider under Andhra Pradesh State Dental Council.

Fellowship in dental sciences after Bachelor of Dental Surgery (BDS)

- Dental implantology, Laser dentistry, Aesthetic dentistry is available in Chennai Dental Research Foundations awarded by The Tamil Nadu Dr. MGR Medical University, Chennai.
- Post Graduate (PG) Fellowship programme in Dental Implantology is available in Rajan Dental Institute recognized and affiliated by The Tamil Nadu Dr. MGR Medical University, Chennai.
- Fellow in Dental Surgery (FDS) Endodontics, FDS Implantology, FDS Biofunctional Prosthetic System (BPS) Prosthodontics, FDS Prosthodontics, FDS Aesthetic Dentistry, FDS Orthodontics, FGDS (Fellowship in General Dentistry) is available in Saveetha Dental College, Chennai.
- FDS Special Care Dentistry in Saveetha Dental College in collaboration with the Harvard School of Dental Medicine, USA and the ABM University, Wales, UK.
- Oral Implantology and Laser Dentistry awarded by D. Y. Patil University, Navi Mumbai. akshata.prabhu@dypatil.edu.
- FDS Implantology, FDS Clinical Endodontics, FDS General Dentistry, FDS Clinical Orthodontics is available in Asian Institute of Advanced Dentistry(AIAD), Hyderabad, Telangana a Registered Service Provider under Andhra Pradesh State Dental Council.

Specialization in dentistry Master of Dental Surgery (MDS)

Now in India it has become mandatory to have passed NEET to join MDS. Preparation of six to seven months of perseverant and dedicated preparation is sufficient to crack down the NEET exam. One can avail the guidance of staff and coaching centres for more clarity in the subjects. The benefits of being MDS specialists are higher pay, benefits, promotion and a higher status in an ever competitive society.

Armed forces

If there is patriotism for the country and like to be in uniform with badges decorating the chest and a rank

next to the name then ARMED FORCES is the place to be in. They have respect in society and receive handsome pay and other lucrative benefits. For joining the Armed Forces, the candidate's maximum age should be 45 years and should have secured a minimum of 55% marks in final year BDS aggregate of all subjects. The candidate must have mandatorily appeared in the National Eligibility-cum-Entrance Test NEET (MDS) conducted by National Board of Examinations (NBE), New Delhi. There are two types of service options and that is SHORT SERVICE COMMISSION (SSC) which is for duration of five years extended by another nine years in two spells, first of five years and second of four years, a total of fourteen years. If Armed forces is challenging and adventurous even after two years then PERMANENT SERVICE can be applied within the age of thirty years for limited number of vacancies available for Departmental Permanent Commission (DPC). There will also be the added advantage of doing MDS in the Armed Forces Medical College through the In-Service Professional career enhancement which is applicable for the Permanent Commissioned (PC) officers as per extent training rules.

- **Physical standards**

The candidates seeking to join the Indian Army must be in good physical and mental health free from any disability that would be a hindrance for the efficient performance of duties. The minimum acceptable height and weight for men are 157.5cms and weight is 49.5kgs. The minimum height and weight for women are 152cms and weight is 42kgs. The height is relaxed by 5cms for candidates belonging to the North East and hilly areas like Gorkhas, Assamese, Nepalese and Garhwalis and the weight commensurate with the reduced height.⁷

- **Antedate seniority**

Antedate seniority means for promotion purpose it would be considered that the candidate had joined the army at an earlier date than the actual date joined. It is awarded to candidates who have passed BDS and who have worked in India or abroad in an approved Civil Dental Hospital or Dental College as a House officer, Lecturer, Resident Demonstrator, Clinical Assistant and is eligible for six months of antedate seniority. The claims for antedate must be done within a year of joining the service and the maximum antedate of seniority will be limited to a total period of forty two months.⁷

- **Emoluments**

The Armed Forces provides the pay scale of 61300 – 193900 Level of 10B of Defence pay matrix to the Civilian Dental Surgeons on Commission in AD Corps and will be granted the rank of Captain. In addition to this, they will be given Military Service Pay (MSP) of 15500, HRA as per category of the city, Non-Practicing Allowance (NPA) at the rate of 20% of the basic pay and dearness allowance as admissible on commission, the officers applicable for Level 9 and above are entitled for Transportation Allowance (TPTA) of 7200 plus DA, for

higher TPTA cities the Transportation Allowance is 3600 plus Dearness Allowance (DA) in accordance with the Government policy guidelines. Dress Allowance of 20000 per year, Children's Education Allowance in accordance with the Government policy guidelines from nursery to class twelve is 2250 per month per child for two children. Free medical facilities for self and dependents, Government accommodation, Canteen facilities, Entitled rations in field areas, Car and Housing loan at subsidized rates, Mess, Club, Sports facilities are the privileges offered by the Armed Forces. In addition to this the officers are the members of the Army Group Insurance Scheme. The officers on Commission are also entitled to 20 days casual leave and 60 days Annual leave every year. Railway Concession of 40% to any place for self and family including Leave Travel Concession (LTC) as per Government rules.⁷

- **Promotion**

After BDS the selected candidates on entry into the Armed Forces will be granted Short Service Commission in the Army Dental Corps in the rank of Captain subject to the Government of India /Ministry of Defence regulations. After four years and six months of service they are eligible for promotions up to the rank of Major. After eleven years and six months of service they are eligible for promotions up to the rank of Lt Col (Lieutenant Colonel). The Permanent Commission officers are eligible for time scale promotions up to the rank of Lt General by selection.

The officers who have been granted Short Service Commission in the Army Dental Corps are liable to serve in any part of the country or abroad in selected appointments in the Air Force, Navy or Army as per service requirements and have to work independently in units allotted to them.⁷

All the relevant information necessary to join the Armed Forces is made available regularly on the INDIAN ARMY website: www.indianarmy.nic.in

- **Government job**

For Government jobs in Tamil Nadu one will have to pass the exams conducted by TAMILNADU MEDICAL RECRUITMENT BOARD (TNMRB) which happens rarely for very few posts. For jobs in the Central Government and Railways will have to pass the exams conducted by UNION PUBLIC SERVICE COMMISSION (UPSC).

- **Overseas**

There is good value and demand for dentists overseas with options of getting a handsome salary in the Gulf countries. For this the licensed exams conducted by the Ministry of Health (MOH) in the concerned states must be cleared. The exams conducted by the MOH of United Arab Emirates (UAE) are valid other than Dubai and Abu Dhabi.

DUBAI – DHA [Dubai Health Authority]

ABU DHABI – [General Authority of Health Exam]

SAUDI ARABIA – [Saudi Commission for Health Specialities (SCFHS) Certification Testing]

Some useful sites are

www.imsrecruitmentregistrationinmiddleeast.html,
www.learn4good.com, www.indeed.ae
www.naukrigulf.com, www.jobstrovit.ae

Western countries

USA, Canada, UK, Australia, New Zealand are some western countries with good handsome pay where they conduct their own exams to get qualified for practice in their country. The following are some exams that you should undertake in western countries.

USA – NDBE [National Dental Board Exam]

CANADA – The Canadian Dental Governing Body [NDBE]

UK – ORE [Overseas Registration Exam]

AUSTRALIA – Dental Board of Australia [ADC]

New Zealand – NZDREX [New Zealand Dentist Registration Examination]

For further details contact the following website.

www.ndeb.ca, adc.org.au, www.denz.org.nz

Mandatory tests to study overseas

TOFEL - Test of English as a foreign language is required for almost all programmes in the USA acceptable along with TWE (Test of Written English), in place of IELTS in Universities of Canada, Australia, Europe, New Zealand. This score is valid for two years.

IELTS (INTERNATIONAL ENGLISH LANGUAGE TESTING) - Test to check ability to communicate in English and skills like listening, reading, writing and speaking. This test is required in most Universities in UK, Canada, Australia, and New Zealand.

GRE (GRADUATE RECORD EXAMINATION) - GRE is mandatory for studies in Humanities, Science and Engineering fields in the USA. This test measures undergraduate achievement in specific field and is valid for five years.

GMAT (GRADUATE MANAGEMENT ADMISSION TEST) - GMAT is mandatory for Business/ Management Programmes and the score is valid for five years.

United Nations Children's Fund (UNICEF) and World Health Organization(WHO)

UNICEF and WHO offer jobs for dentists based on qualification, experience and age. For further details contact the following website.

<http://unicef.in/Careers>

www.who.int/employment.nt/apply/en/index.html.

Allied courses

Master of Science (M.Sc) – Anatomy, Physiology, Biochemistry, Dental Materials, Biomedical Genetics, Medical Sociology, Medical Physics, Applied Anatomy, Bioinformatics, Forensic Science.

Master of Public Health (MPH) – Role of the Government is to protect its civilians from disease. It can be averted by proper planning and timely intervention. For doing this Government needs health officers in all

aspects. There is a huge demand for MPH graduates and WHO offers jobs with good salary.

Master of Business Administration (MBA) in Hospital management

Countries growth is directly related with health and longevity of its people. Due to increasing complexities of life, the number of hospitals has also increased. To efficiently manage the hospitals the MBA Hospital Management graduates are recruited.

Research fields

ICRI [Institute of Clinical Research in India] www.icriindia.com

IISER [Indian Institute of Science Education and Research] www.ncrmniche.org

PGIMER [Post Graduate Institute of Medical Education & Research]

AIIMS [All India Institute of Medical Sciences]

TISS [Tata Institute for Social Science] www.tiss.edu

TIFR [Tata Institute of Fundamental Research], Mumbai

TGEEBILS [Joint Graduate Entrance Exam for Biology and Interdisciplinary Life Sciences]

NCBS [National Centre for Biological Science] www.ncbs.res.in/admission.htm

There is an opportunity for the Indian dentists to do research in the USA. The three broad areas that dental research focuses are clinical research, science research and public health research. After BDS students can apply for masters or doctoral degrees although basic research experience is necessary and so small research projects can be done and published in journals or presented in the all-India conference. Doctoral research programs are funded by National Institute of Health, USA and the selected candidates are awarded scholarship with a stipend ranging from \$20000 to \$27000 per year. There is also the option of doing postdoctoral fellowship programs after this which can last from 1-5 years.⁸

Indian institute of cosmetology trichology nutrition

The following courses are available for BDS graduates in Pune, Bangalore and Surat. Clinical cosmetology, Medical trichology, advanced skin aesthetics, Clinical diet, Hair transplant, laser, Naturopathy, Acupressure and Acupuncture. For further details contact the following website www.iictn.com

Dental tourism

Dental tourism is a subset of the sector known as Medical tourism. This involves combining vacation and dental treatment outside the individual's local health care system. Due to rapid technological advancements and globalization the developing countries have begun to provide cost effective dental treatments when compared with the dentists in the developed countries. A few examples of cost variation between the developed countries and India

Dental Extraction costs £75 in UK, \$300 in USA AND \$15 in India

Teeth Whitening costs £700 in UK, \$750 in USA and \$110 in India

Dental Implant costs £2000 in UK, \$3000 in USA and \$450 in India

Root canal costs £200 in UK, \$800 in USA and \$40 in India

Ceramic crown costs (Metal Fused) costs £600 in UK, \$850 in USA and \$200 in India

Veneers cost £400 in UK, \$800 in USA and \$200 in India.⁹

Setting up a dental clinic in metropolitan cities attracts dental tourists from abroad and as they may not come single but come as a family, there is always the added advantage of treating the whole family and satisfied patients get to refer their friends to come down for further dental treatment.

Bridge course soon for dental students to pursue Bachelor of Medicine and Bachelor of Surgery (MBBS)

For students whose ambition was to pursue MBBS and who were nourishing the disappointment of not having had the opportunity to pursue it but due to various financial and family situations were forced to take up BDS without interest, there is still a chance in the near future. The Dental Council of India (DCI) has proposed a bridge course to help dental students to get MBBS degree due to the acute shortage of doctors and specialists in the country. The students who had completed dentistry would be able to do a three year MBBS course however after completion they would have to serve a minimum of five years in the rural areas.¹⁰

Conclusion

The dream of every student who graduates dentistry is to become a successful dentist but not many can win the hearts of the public and become legends. "Always render more and better service than is expected of you, no matter what your task may be" – OgMandino. Having service in mind is vital since the field of dentistry is service oriented. Earning money as well as serving the people who are in need must be the vision of every graduating student to follow the heart and reach the pinnacle of glory. This study has examined the various opportunities and prospects available for the dental students after their graduation and there is need for more study in this area to further strengthen the dental workforce in the country.

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