

D40					
	A	B	C	D	E
My Professional Development Activity					
	Date	Activity	Topic	Location	Reflection (learnt, changes applied, impact, benefits, met your PDP objective)
1					
2	08/10/23	Read Camera Booklet to help clinical photography	Adjust and test white balance on Nikon D7200	at home	Retook custom white balance with grey card. Not much difference. And no positive improvement over color when temperature was changed manually. Experiment with changing flash setting next attempt.
3					
4	09/11/23	Webinar Training with Dental Blueprints	Q&A Session with Dr Daniel Ramos Orthodontist on clear aligners management	online	Very informative- will help me in my practice of Invisalign and has made me more aware of what to watch out for- some learnings were: Q1: What are some of the limitations with aligner orthodontics? Are there some specific movements that should only be done with traditional braces? learnt the difference outcomes of both methods Q2: What are the 5 most predictable movements possible with aligners? learnt which movements I need to track closer Q3: What are the 5 most difficult movements possible with aligners? do over correction on these movements Q4: What are the basic types of attachments and what kinds of movements do they achieve? basic mechanics update Q5: What are the 5 key instruments or materials I should have on hand to start aligner orthodontics? I have all the gear already Q6: What is a good 'retainer wear' protocol to follow post orthodontic treatment? learnt life-time over part-time, vivera protocol or wire etc, vibration device Q7: What movements is over-correction recommended for? difficult ones for eg Q8: How can we avoid developing TMJ issues in orthodontic treatment planning? take bite in centric before clincheck ppn
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24	01/12/23	Discussion with Peer	What we have learnt in our PDAs so far	in person	Good to learn what PDAs each other are doing and what is available Felt supported in discussing some daily challenges we both face in clinic Encouraged each other to stick to the plan and document more frequently
25					
26					
27					
28					
29					
30					
31					
32					
33					
34					

