

Motivations and future Practice Plans of Pakistani Orthodontic Trainees

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ABSTRACT

Aim: To investigate the factors influencing career choice and to find out the future practice plans of postgraduate orthodontic trainees in the Pakistan.

Methods: A survey was conducted to record the factors influencing career choice and to find out the future practice plans. A final study sample consisted of 53 postgraduate orthodontic trainees from different orthodontic centres. Data were categorized by demographic variables and were analyzed using chi-square test.

Results: A "passion for orthodontics" was the most influencing factor (32%) to choose orthodontics as a career, followed by "intellectual challenge" (25%). Around 20% of trainees choose orthodontic to improve their earning and 9% join orthodontic for job prestige. Most trainees decided to become an orthodontist after they completed undergraduate dental school (45%), and only 4% had already decided before starting their undergraduate dental college studies. Most trainees (92%) future practice plans are to pursue a career in orthodontic teaching along with doing private evening practice.

Conclusion: A passion for orthodontics was the major attraction for postgraduate orthodontic training for most trainees in Pakistan.

Keywords: Orthodontic; Residents; Trainees; Future plans; Motivations.

INTRODUCTION

Postgraduate dentistry residency in Pakistan involves various specialities, such as, Periodontics, Prosthodontics, Oral and maxillofacial surgery, Operative dentistry and Orthodontics.¹⁻³ It is regulated by mainly two examination bodies in Punjab, the Fellowship of College of Physicians and Surgeons and University of Health Sciences / Postgraduate Medical Institute.

It is important to record the factors influencing career choice and to find out the future practice plans of postgraduate orthodontic trainees. Studies have been done on this topic in various countries but Pakistan⁴⁻⁹. Literature search showed five surveys of orthodontic trainees from the United States^{4,5} a survey of trainees in Canada⁶, a survey of trainees in the United Kingdom⁷, a survey of trainees in the Nigeria,⁸ and a survey of trainees in the Saudi Arabia⁹. This information can help in induction strategies to remove shortage of candidates in teaching, research and orthodontic clinics. It also helps in specialty development.

Following this rationale, the objective of present study was to investigate the factors influencing career choice and to find out the future practice plans of postgraduate orthodontic trainees in the Pakistan.

MATERIAL AND METHODS

This cross-sectional anonymous survey consisting of multiple choice close-ended questions was conducted to record the demographics, reasons for choosing orthodontics, and to find out the future practice plans of postgraduate orthodontic trainees. The questionnaire of survey was adopted from the previously conceived survey in United States and Canada study with some modification to match Pakistani context^{5,6}. The trainees were assured that the findings of this survey would not be reported as individual data and confidentiality of data will be ensured. The study was conducted in 2016-17. A final study sample consisted of 53 PG orthodontic trainees from different orthodontic centres (de'Montmorency College of Dentistry, Nishter Institute of Dentistry, and Children's Hospital Lahore). Data were categorized by demographic variables and were analyzed using chi-square test.

RESULTS

Response rate was 100%. A final study sample consisted of 53 postgraduate orthodontic trainees (Age 30.10±5.32 years). Of the trainees, 38% were male, and 62% were females. Chi-square analysis showed no significant differences between age groups, gender, and year of training ($p>0.05$) for any categories of results.

A "passion for orthodontics" was the most influencing factor (32%) to choose orthodontics as a career, followed by "intellectual challenge" (25%). Around 20% of trainees choose orthodontic to improve their earning and 9% join orthodontic for job prestige (Fig. 1).

Most trainees decided to become an orthodontist after they completed undergraduate dental school (45%), and only 4% had already decided before starting their undergraduate dental college studies (Fig. 2). Most trainees (92%) future practice plans are to pursue a career in orthodontic teaching along with doing private evening practice.

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Fig. 1: Carrier choice factors in percentage (n=53)

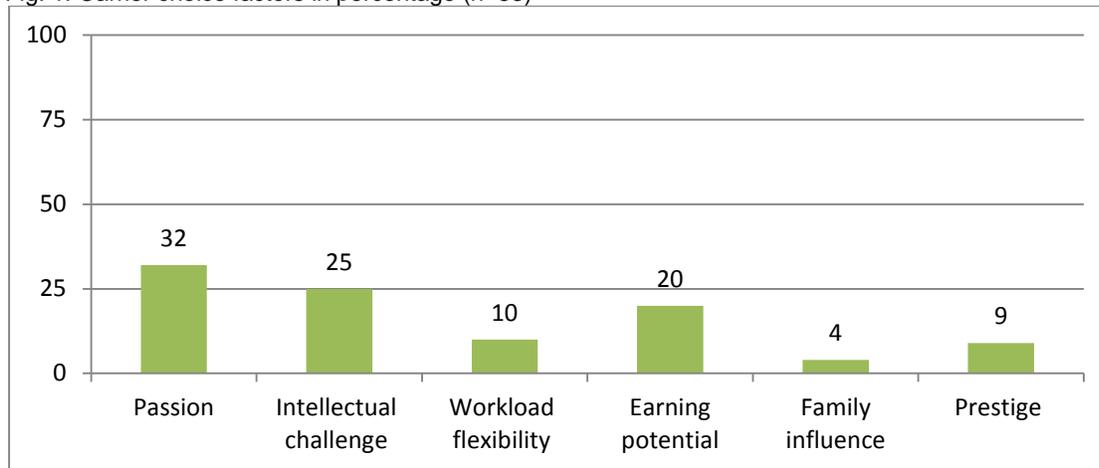
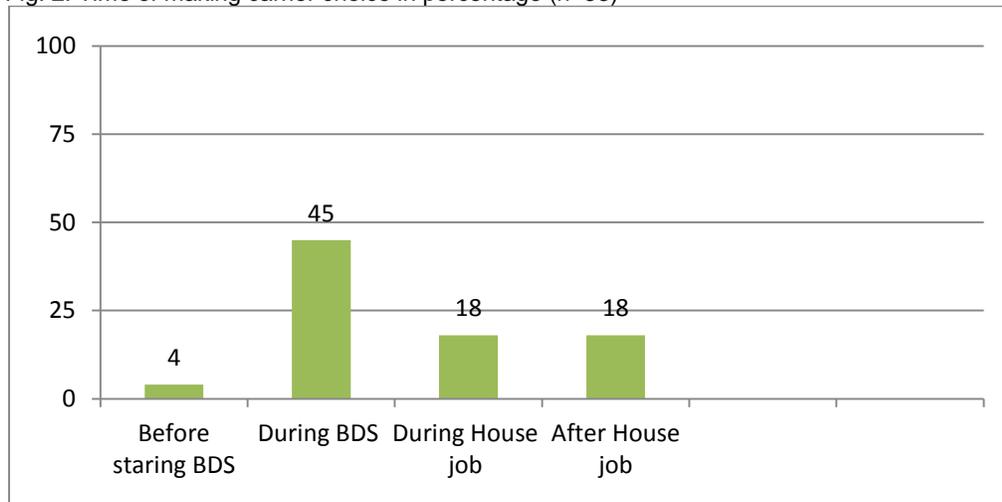


Fig. 2: Time of making carrier choice in percentage (n=53)



DISCUSSION

The objective of present study was to investigate the factors influencing career choice and to find out the future practice plans of postgraduate orthodontic trainees in the Pakistan. An anonymous survey consisting of multiple choice close-ended questions was conducted. The questionnaire of survey was adopted from the previously conceived survey in United States and Canada study with some modification to match Pakistani context.^{5,6} The trainees were assured that the findings of this survey would not be reported as individual data and confidentiality of data will be ensured.

Present study showed that no significant differences between age groups, gender, and year of training for any categories of results. This is in agreement with the findings of previous surveys in other countries⁴⁻⁹.

In the present study "passion for orthodontics" was the most influencing factor (32%) to choose orthodontics as a career, followed by "intellectual challenge" (25%). This is in agreement with the findings of survey in Nigeria and United

States. This is in contrast with the findings of survey in Canada and Saudi Arabia^{6,9}.

Present study showed that most trainees decided to become an orthodontist after they completed undergraduate dental school (45%), and only 4% had already decided before starting their undergraduate dental college studies. This is in agreement with the findings of survey in Nigeria.⁸ This is in contrast with the findings of survey in United States and Canada.^{5,6} This might be because of limited access to clinical orthodontics in undergraduate dental college.

The crisis in induction and retention of orthodontic faculty members has been well documented.¹⁰⁻¹⁶ Present study showed that most trainees (92%) future practice plans are to pursue a career in orthodontic teaching along with doing private evening practice. This is in contrast with the findings of survey in other countries.⁴⁻⁹ Percentages of pursuing teaching carrier were low in other surveys i.e. Nigeria (14%),⁸ Canada (4.5%),⁶ and United States (2%)⁵.

Thus it was found that a passion for orthodontics was the major attraction for postgraduate orthodontic training for most trainees in Pakistan. Trainees future practice plans

are to pursue a career in orthodontic teaching along with doing private evening practice.

CONCLUSION

A passion for orthodontics was the major attraction for postgraduate orthodontic training for most trainees in Pakistan. Trainees future practice plans are to pursue a career in orthodontic teaching along with doing private evening practice.

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Conflict of Interest: We have no conflict of interest that I should disclose.

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