

# Practical examination information package for dental hygiene and dental therapy

ADC Examination Centre

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## 1. About this document

The information in this document is intended to provide further information to candidates on what to expect at the ADC Examination Centre and during their ADC practical examination.

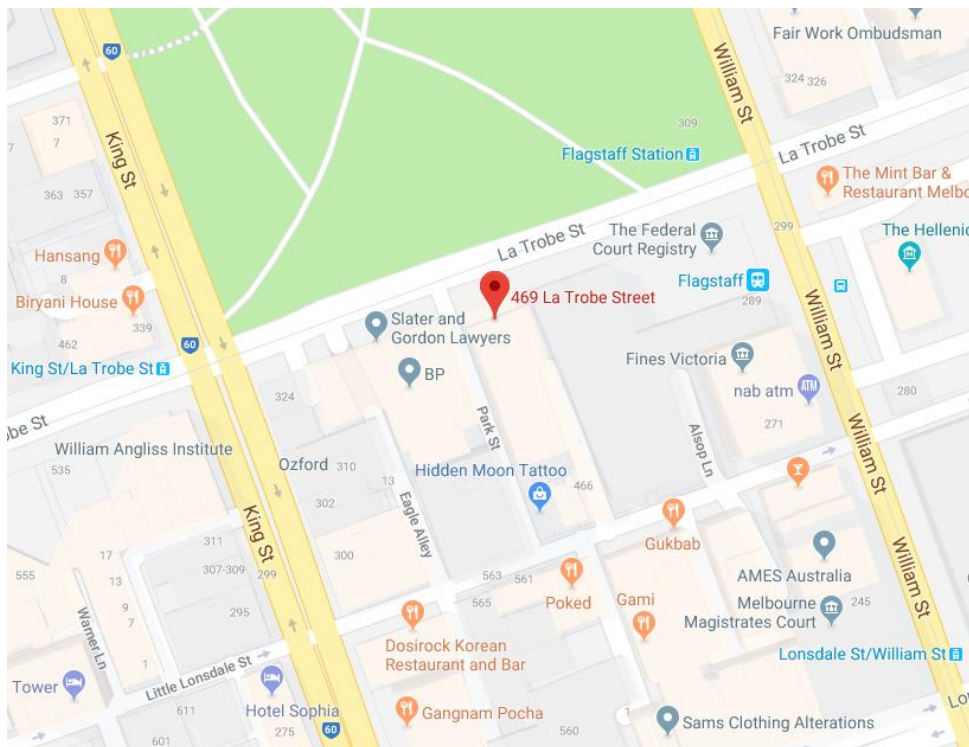
## 2. Where is the practical examination held?

All ADC practical examinations are held at the ADC Examination Centre at:

**Level 6, 469 La Trobe Street, Melbourne, VIC, 3000**

**Tel: 03 9657 1777**

**Map:**



Travel times to the Examination Centre may vary significantly due to traffic conditions and public transport timetables. Please ensure you allow adequate travel time to arrive promptly for your examination registration.

Flagstaff on the City Loop, located on La Trobe/William Streets is the closest station to the Examination Centre. It is a two minute walk from the station to the ADC.

The ADC Examination Centre is also a 12 minute walk from Southern Cross station, also known as Spencer Street Station. Along with Metro Trains, you can also catch

trains to regional Victoria, as well as the Sky Bus to Melbourne Airport from Spencer Street Station.

The William Street/La Trobe Street tram stop, Stop 3, and the Flagstaff Railway Station/William Street tram stop, Stop 7, are a two minute walk from the ADC Examination Centre. More information on trams operating from these tram stops can be found at [ptv.vic.gov.au](http://ptv.vic.gov.au)

#### Street view:



#### Level 6 view – entrance to ADC premises:



### 3. Where can I stay near the Examination Centre?

You are responsible for arranging your own visa, travel and accommodation for your examination. Your examination will run over two consecutive days.

A range of accommodation options are available in the area. A list of local accommodation is provided in Appendix 1.

### 4. What facilities are available in the Examination Centre?

During your examination you will have access to the:

- candidate registration and waiting area
- candidate locker room
- candidate lounge, kitchen and bathrooms
- candidate services room
- briefing room
- OSCE rooms
- simulation clinic.

#### 4.1. Candidate registration and waiting area

When you arrive at the ADC you will be asked to wait in the candidate waiting area.

An ADC staff member will call you to the candidate registration area. During registration the staff member will take your photograph and perform an identity check. You must bring identification with you for the registration process. Suitable identification must be government issued and contain your photograph and signature, such as a driver's licence or passport.

You will be asked to bring a signed copy of the candidate rules agreement to registration. A copy of the candidate rules agreement is available on the [ADC website](#). You will need to register (providing the same identification documentation) on both days of your examination.

At the registration desk, an ADC staff member will ask you to present your lunch, snacks, drinks, medications and any other materials you wish to bring with you into the Examination Centre.

#### 4.2. Candidate locker room

After registration, you will be directed to the candidate locker room. All personal belongings, except for your lunch, snacks, drinks, medications (if pre-approved) and protective eyewear, must be left in your individually secured locker. Your belongings must remain inside your locker during the examination.

#### 4.3. Candidate lounge and bathrooms



After your belongings are secured in the candidate locker room, you will be shown into the dedicated candidate lounge. Entering the candidate lounge is considered your entry into the Examination Centre. The candidate lounge includes:

##### **Candidate kitchen**

The candidate lounge kitchen is fitted with a refrigerator, microwaves, crockery and cutlery for your use. Tea, coffee, boiling and chilled water are provided together with biscuits and fruit. Your lunch and snacks may be stored in the candidate kitchen, available to you at any time during your technical skills day examination. You will not be permitted to leave the candidate lounge during your technical skills day lunch break. Please keep the kitchen area tidy and stack any dishes in the dishwasher after use.



### **Seating areas**

The candidate lounge has tables, chairs and soft seating areas for your use during your breaks.



### **Candidate services room**

The candidate services room is a private, lockable room, fitted with a fridge and a microwave. It is suitable for prayer, meditation and for mothers who are breast-feeding.

### **Candidate bathrooms**

Male and female candidate bathrooms are accessible via the candidate lounge.

You may access the candidate lounge, candidate bathrooms, candidate kitchen and candidate services room at any time during your examination, except during timetabled sessions. Whilst examiners do not monitor the candidate lounge, for your safety it is monitored by closed-circuit television (CCTV) and fitted with a duress alarm.

As it is a part of the Examination Centre, you are expected to engage in appropriate examination conduct at all times whilst in the candidate lounge.

Please remember that if you leave the candidate lounge (back into ADC reception) during your examination you will be leaving the Examination Centre and will not be permitted back into the Examination Centre to complete your examination.

## **4.4. Candidate Briefing Room**

During the examination, you may be taken into the candidate briefing room to receive important information about your examination.

This room is accessed via the candidate lounge.

#### 4.5. Simulation clinic

For your examination you will be collected from the candidate lounge and taken to the simulation clinic. Your orientation will occur in the simulation clinic. From the simulation clinic you can access the candidate lounge, including the candidate bathrooms, candidate kitchen and candidate services room at any time during your examination.



#### 4.6. OSCE rooms

Your timetabled tasks (communication, x-ray and rubber dam) will take place in the OSCE rooms. All OSCE rooms are accessible from the candidate corridor. You will wait outside your designated first OSCE room until further instructions are given. From the OSCE rooms you can access the candidate lounge, including the candidate bathrooms, candidate kitchen and candidate services room during any timetabled breaks.

## 5. What time is the examination?

Your examination will be held during the week. We will email your examination timetable prior to your examination. Your travel and accommodation arrangements should allow you to be available from 8am to 5pm on the day/s of your examination. Candidates sitting the dental hygiene examination will be required for one day, candidates sitting the dental therapy examination will be required for one and a half days, and candidates sitting the combined dental hygiene and dental therapy examination will be required for two days.

At registration into the examination, you will be provided with a detailed schedule for the day.

The following schedules are indicative only. You will be advised of any variations to these times. If variations occur, your total examination time will not be affected.

### 5.1. Day one timetable

Day one will usually run according to the following schedule:

8:30am – 8:45am	Registration
8:45am - 9:15am	Briefing, orientation and set-up
9:15am – 12:45pm	Examination session 1
12:45pm – 1:30pm	Lunch
1:30pm – 4:30pm	Examination session 2

### 5.2. Day two timetable (if applicable)

Day two will usually run according to the following schedule:

#### **Group 1:**

9:00am – 9:15am	Registration
9:15am – 12:45pm 12.45pm	Examination session 1 (therapy candidates finish at 12.45pm)
12:45pm – 1:30pm	Lunch
1:30pm – 4:30pm	Examination session 2

## 6. What must I bring to my examination?

You must bring the following items to each day of your examination:

- Current Government issued identification (must include your signature and photograph).
- Safety eye-wear (this will not be provided). Your safety eye-wear must comply with infection control standards and, if you wish, may include fixed magnification aids (this does not include a hand-held magnifying glass).

## 7. What can't I bring to my examination?

You cannot bring the following items to your examination:

- ✗ Any dental materials, burs, instruments or equipment other than your safety eye-wear.
- ✗ Reference material including ADC handbooks, textbooks, stationary or measuring tools.
- ✗ Any telecommunications or transmitting devices. This includes but is not limited to smart watches, smart glasses and mobile phones.

Only candidates registered into the examination will be permitted into the Examination Centre. Family members are asked *not to wait* at the ADC during your examination and may be asked to leave the reception area.

## 8. Can I bring my lunch?

You must bring your lunch for any whole day examination. Fruit, biscuits, tea and coffee will be available in the candidate lounge. You will not be permitted to leave the Examination Centre during any break period on either examination day.

Your lunch must be presented in clear packaging such as a clear container or clear snap-lock bag. The packaging must be such that ADC staff can clearly see its contents. After placing your items in your locker, we will ask you to present your lunch, in its clear packaging to the ADC staff member, who will label it with your ADC reference number and provide you with further instructions for storing your lunch in the candidate lounge fridge.

You will not require lunch for a half-day examination. However, if you wish to bring food or snacks with you, these must be presented in clear packaging to the ADC staff member, before entering the Examination Centre.

## 9. What about medications or other health related items?

We understand that occasionally, you will need to bring medications or other health-related items into the Examination Centre.

Prior authorisation is required for any medication to be brought with you on examination day. Appropriate storage of your medication(s) will be provided.

Other health related items may include:

- Medications.

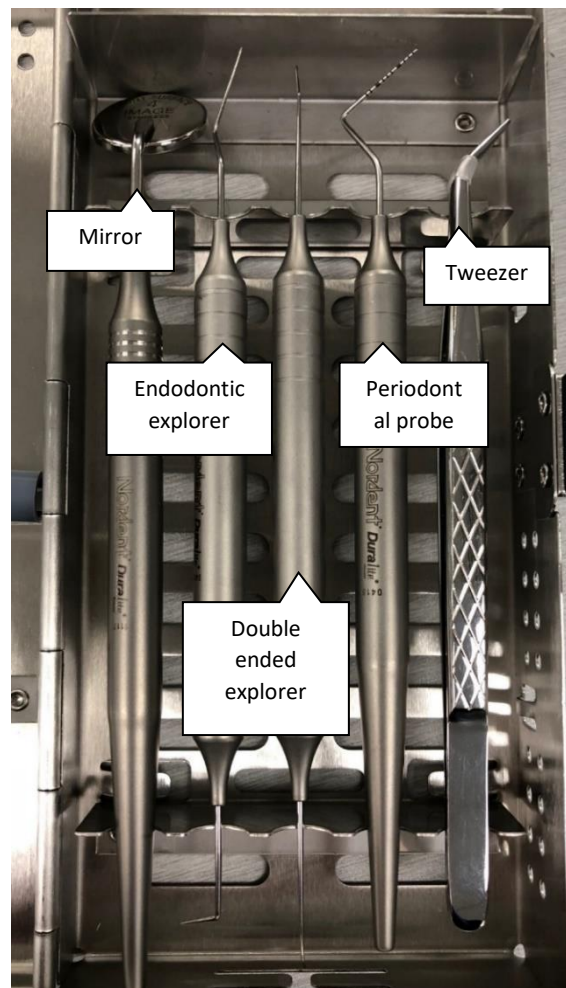
- Items required during breast-feeding (an additional refrigerator with freezer facilities is also available in the lockable, candidate services room in the candidate lounge).
- Feminine hygiene products.

Your health-related items can be presented in a non-transparent bag at the time of registration. An ADC staff member may inspect the contents of this bag and will provide you with further instructions on where your items will be located in the Examination Centre.

## 10. Which materials and instruments are available at the Examination Centre?

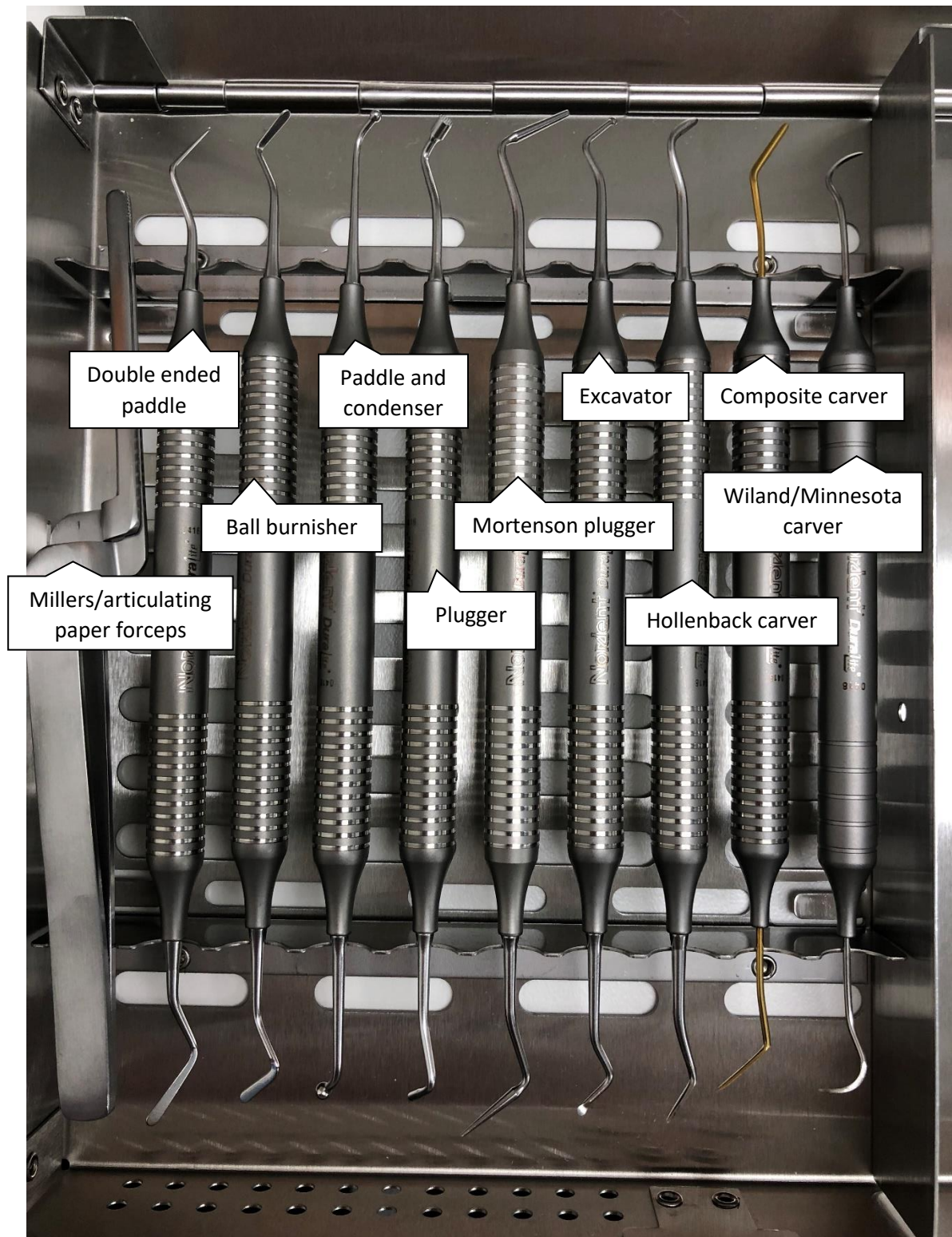
You will be provided with all the necessary equipment, materials and instruments for your examination. An indicative list of items is provided below. Please note, the ADC reserves the right to remove, add or substitute items were necessary.

### 10.1. Examination kit





## 10.2. Restorative kit

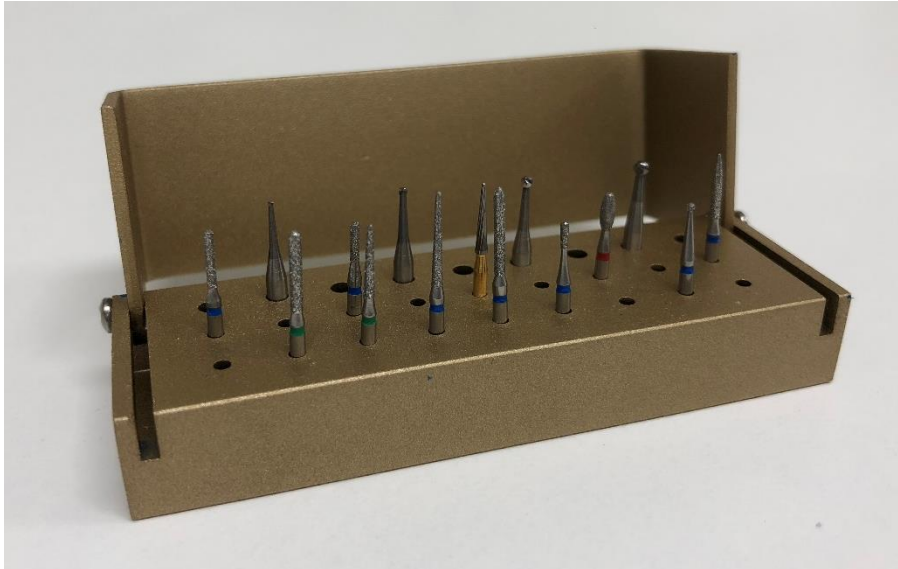


### 10.3. Scaling kit



- Gracey 1/2
- Gracey 3/4
- Gracey 7/8
- Gracey 11/12
- Gracey 13/14
- Probe SE UNC 12
- Explorer 11/12
- Sickle scaler H6/H7

## 10.4. Burs and polishers



### 10.4.1. Diamond

- High speed Flat Fissure (110-010)
- High speed Flat Fissure (835-010)
- High speed Flat fissure (rounded) (290-012)
- High speed Fissure exploration (238-010)
- High speed Football (8379-018)
- High speed Round (801-010)
- High speed Flame (249-012)
- High speed Chamfer/torpedo (S6881-012)
- High speed Tapered torpedo (6878K-012)
- High speed Tapered (flat end) (173-012).

### 10.4.2. Tungsten carbide

- High speed fine finisher (135-014)
- Slow speed, round (H1-016) – size 6
- Slow speed, round (H1-014) – size 4
- Slow speed, round (H1-010) – size 2
- Slow speed, round (H1-006) – size ½.

### 10.4.3. Additional finishing and polishing

- Enhance polishing disc
- Enhance polishing point
- Polishing discs, orange series (super fine, fine, medium, coarse), small and large (Soflex)
- Mandrel (Soflex).



## 10.5. Other instruments and equipment

### 10.5.1. Restorative

- Amalgam dispenser
- Amalgam well
- Amalgamators (Ultramat)
- Cement spatula
- Disposable scalpels and blades, size 15 (Swan Morton)
- Enamel hatchet
- Kavo handpiece – high speed
- Kavo handpiece – slow speed
- Mosquito forceps
- Plastic cups
- Plastic dappen dish
- Straight scissors
- Crimpers
- Temporisation material dispenser and tips (Protemp, 3M ESPE)
- Tofflemire retainer (adult and paedo)
- Trio v3 sectional matrix system, including wedgegards
- Wooden wedges.

### 10.5.2. Personal protective equipment

- Antimicrobial (Microshield, Angel)
- Ear loop mask (Halas)
- Gloves, latex-free, extra small, small, medium, large, extra-large (Microtouch)
- Handwash (Microshield)
- Long sleeve disposable gowns.
- Moisturising lotion (Microshield)
- Tie on mask (Halas)

## 10.6. Materials

- Adhesive (MasterDent)
- Amalgam - 2 spill, extended carving (Permite)
- Articulating paper (Bausch)
- Assorted wooden wedges (WIZARD)
- Caulking putty
- Celluloid strips
- Composite resin (Gradia X A3.5)
- Cotton rolls
- Etch (MasterDent)
- Fissure sealant (Clinpro)
- Stainless steel crown forms
- GIC Fuji 9 and 2
- Floss, ribbon
- Flowable composite (Filtek Supreme XTE)
- Gauze
- Impression putty
- Interproximal polishing strips, coarse – medium, centre-gap (Soflex)
- Microbrush
- Mixing pads

- Temporisation material (Protemp, 3M ESPE)
- Tofflemire matrix bands

## 11. What type of models and teeth are used in the technical skills day?

The ADC will provide special prepared typodont models (Columbia Dentoform) to be used for the restorative exercises.

These models will include combinations of teeth and dental tissues of the following types

- Plain Ivorine teeth that are of uniform colour and consistency.
- Simulated enamel that is white in colour and is made of composite resin that is harder than the simulated dentine and simulated caries. The teeth have been manufactured so that they can be prepared with a dental bur using normal pressure and, if desired, preparations can be finished using normal pressure with sharp hand instruments.
- Simulated dentine that is yellow in colour and is softer than the simulated enamel
- Simulated caries: Currently the ADC is using two forms of teeth that have simulated caries present. Some have simulated caries placed by the manufacturers and some are pre-prepared and filled with Cavit™ to simulate caries. For those enamel/dentine teeth with simulated caries the manufacturing process ensures that the caries depth is standardized for each tooth used. The simulated caries in dentine is grey in colour and is softer than the simulated enamel but of similar hardness to the simulated dentine. In some anterior teeth, there is also a cavity in the simulated enamel on the proximal surface(s). This cavity extends through the simulated enamel into the simulated dentine and must be included as part of the preparation.
- The manufacturing process for teeth with simulated caries ensures that caries depth is standardized for each tooth used as part of the Assessment. As a result of the manufacturing process, there may be a small cement-filled space between the simulated enamel and the simulated dentin which may appear grey in colour. This is not simulated caries.
- Simulated pulp chamber and canals: The simulated dental pulp chamber and canals are hollow spaces lined with red colouring.

Please Note: The use of metal hand instruments in cavity preparations will leave a grey stain.

## 12. What support will be available to me on examination day?

### 12.1. Briefing and orientation

We will provide you with any required information before the start of your examination. Following your registration on each examination day, you will be briefed on the day's requirements and orientated with the equipment and Examination Centre.

## **12.2. Convenors and examiners**

Convenors, examiners and ADC support staff will be available should you have any questions. However, convenors, examiners and ADC support staff will not be able to advise on any questions relating to examination content, or matters which contribute to your examination grade.

## **12.3. Candidate services room**

You may access the candidate services room (if unoccupied) during your examination. For your privacy, the candidate services room is not fitted with CCTV.

## **12.4. Breaks**

Breaks are built into your examination. You must leave the examination area and return to the candidate lounge during scheduled breaks. You must not leave the candidate lounge during your examination, including examination breaks. Additionally, you may take a break from your examination and access the candidate lounge at any time during your examination. If you leave the candidate lounge during your exams or any examination break, you are leaving the Examination Centre and will not be permitted back into the Examination Centre during your examination.

## **12.5. ADC Administration**

The ADC's administrative office is located in the same building as the ADC Examination Centre. We are therefore able to access your candidate records if required.

## **12.6. Closed-circuit television (CCTV)**

Closed-circuit television (CCTV) operates throughout the Examination Centre. This includes the candidate lounge, corridors and all examination rooms (including the simulation clinic). CCTV does not operate in the candidate bathrooms or candidate services room.

The ADC Examination Centre has been designed to provide a low-stress environment, however, all examinations can be stressful. The ADC recommends you investigate strategies to help you manage your stress during the examination.

### 13. Where can I find more information about the practical examination?

We encourage you to familiarise yourself with the following ADC reference material prior to your examination:

- The Australian Dental Council Practical examination handbook for dental hygiene and dental therapy
- The Australian Dental Council Misconduct Policy
- The Australian Dental Council Candidate Conduct Agreement

You are not permitted to bring any of these reference materials into your examination.

## Appendix 1. Accommodation local to the ADC Examination Centre

Name	Description	Distance from Examination Centre	Price indication
<b>Nomads Melbourne</b>			
196-198 A'Beckett Street Melbourne 3000 www.nomadsworld.com 03 9328 4383	2 star hostel	6 minute walk	\$\$\$\$\$ Shared room – From \$33
<b>King Street Backpackers</b>			
199 King Street Melbourne 3000 www.kingstreetbackpackers.com.au 03 9670 1111	2 star hostel  Free breakfast	5 minute walk	\$\$\$\$\$ Shared room – From \$25
<b>Discovery Melbourne</b>			
167 Franklin Street Melbourne 3000 www.discoverymelbourne.com 9329 4012	2 star hostel	8 minute walk or short tram trip	\$\$\$\$\$ Shared – From \$32 Private – From \$155
<b>Hotel Sophia</b>			
277-287 King Street Melbourne 3000 www.hotelsophia.com.au 1300 724 811	3 star hotel	4 minute walk	\$\$\$\$\$ From \$82
<b>YTI Garden Hotel</b>			
328 Little Bourke Melbourne 3000 www.ytigarden.com 03 9600 4000	3 star hotel or studio	10 minute walk or short tram trip	\$\$\$\$\$ From \$90
<b>Nova Stargate Apartment Hotel</b>			
118 Franklin Street Melbourne 3000 www.nova-star-budget- hotel.hotelrezz.co 03 9321 0300	3 star hotel or apartment	9 minute walk	\$\$\$\$\$ From \$99
<b>City Edge on Elizabeth</b>			
99 A'Beckett Street Melbourne 3000	4 star apartment	8 minute walk or short tram trip	\$\$\$\$\$ From \$129

Name	Description	Distance from Examination Centre	Price indication
www.cityedge.com.au 03 9005 5554			
<b>Pegasus Suites</b>			
206 A'Beckett Street Melbourne 3000 www.pegasussuites.com.au 03 9284 2400	3 star suite	4 minute walk	\$\$\$\$\$ From \$135
<b>HarbourView Apartment Hotel</b>			
585 La Trobe Street Melbourne 3000 www.arrowonspencer.com.au 9321 0900	3 star hotel or apartment	4 minute walk	\$\$\$\$\$ From \$145
<b>Radisson on Flagstaff Gardens</b>			
380 William Street Melbourne 3000 www.radisson.com 1800 333 333	4 star hotel	3 minute walk	\$\$\$\$\$ From \$180