

The Season of Orthodontic Harvesting

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This is the season of harvesting new orthodontic graduates as well as season of enrolling new residents into the program. Orthodontic residency program in Nepal was started in 2008 at National Academy of Medical Sciences, Bir Hospital. Though the residency program was started by Kathmandu University in 2003 in collaboration with Manipal Academy of Higher Education (MAHE), orthodontics was not included in that collaborative program because of huge demand of orthodontics at that time in Inida. The first guide of orthodontic residency program was Prof. Praveen Mishra who deserve huge credit for starting post graduate orthodontic education in Nepal. However only after 2011, Post Graduate program in orthodontics took momentum once Tribhuban University Teaching Hospital (TUTH) and its affiliated dental colleges started residency program. Such program has definitely helped to grow the orthodontic profession. On top of that it has reduced the number of students going abroad in seek of orthodontic education which is a major achievement in itself. At the moment, total 18 seats are allocated for orthodontic residency program through 8 dental colleges of Nepal¹.

After having hectic three years of hardship in residency training program, it is the time to fly independently. This is the rule of nature: a caterpillar needs to start a beautiful voyage as a butterfly, a young cub need to start hunting as a tiger and a tiny hatchling is prepared to wave in the sky as a beautiful bird. Similarly a postgraduate student who spent three years under the guidance of his preceptors and teachers is now ready to rover independently. The endless hours you have spent on planning the cases, presenting the seminars and journals, bending the wires, designing

the appliances, conducting researches and write ups for thesis dissertation has brought happy ending!!! You are graduate now. It's such a joyous moment for the student him/herself as well as his preceptors, families and friends. Enjoy this beautiful journey forward dear fresh graduates....

As you are ready to embark into new phase of professional life, there are few things you should always keep in mind are:

- Never stop learning
- Ignite the perseverance
- Respect the professional ethics
- Develop critical thinking
- Treat your patient with skill in hand and care in heart

As we are in such a dynamic profession, the world around us is changing every year. So we need to keep ourselves updated by continuous education and hands on courses. There is no denial that though we simplify malocclusion into few classes, every case is different. It comes with diagnostic dilemma and there might be different treatment plan to achieve same goal. So please unleash the every potential to learn and relearn from the cases we treat. As every case is different, we should not be confined to cook book orthodontics. We should tailor made the treatment plan and mechanics based on the complexity of the case and nature and expectation of our patients as well. Lastly please understand that it is not the appliance which treat the case, but is the skill and knowledge you have gained through your residency program. Best wishes

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REFERENCES

1. <http://mec.gov.np/en/pages/calendar>