

# FLUORIDE VARNISH APPLICATION ONLINE

## Now every nurse can be competent!

The aim of this course is to provide training for nurses to become competent and confident in applying fluoride varnish under the prescription of a dentist or as part of a structured oral health programme.

**STARTS\***  
29 January 2018

**FLEXIBLE**  
learning hours

**COMPLETE**  
in 2-3 months

\*Internet access required.



### Online Learning

Videos, articles and interactive activities.

### Tutor Support

Email, teleclasses and webinars.

### Record of Competence Portfolio

Completed with your supervisor.

## THE ROLE OF THE SUPERVISOR

### Your supervisor should be:

- GDC Registered
- Able to guide you through your practical training
- Able to comment on and sign your portfolio.



# COURSE STRUCTURE AND LEARNING OUTCOMES

COURSE STRUCTURE	LEARNING OUTCOMES
<b>WEEK 1</b> <b>Introduction to Oral Health Education</b> <u>Online lecture:</u> 60 Multi-choice questions 80% pass required Watch and complete at any time in week one. 2.5 – 3 hours study	<ul style="list-style-type: none"><li>• Deliver basic oral hygiene and diet advice to parents and children</li><li>• Demonstrate effective tooth brushing techniques</li><li>• Deliver basic tailored oral health instructions to children and young adults with orthodontic appliances</li><li>• Define the main differences between gingivitis and periodontitis</li><li>• Deliver basic smoking and alcohol cessation advice</li><li>• Deliver basic oral health advice to adults and pregnant women</li><li>• Provide denture care instructions to patients</li><li>• Give advice to patients suffering with xerostomia</li><li>• Adapt basic oral hygiene instructions to patients with special needs</li><li>• Deliver advice to carers on assisted brushing.</li></ul>
<b>WEEK 2</b> <b>Application of fluoride process</b> <u>Online lecture:</u> 20 Multi-choice questions 1 hour study	<ul style="list-style-type: none"><li>• Confidently explain to a patient the process of caries and the possible outcomes of untreated caries</li><li>• Have a good theoretical understanding of how fluoride helps prevent decay and be confident in explaining this to a patient</li><li>• Be aware of supporting evidence in the use of systemic and topical fluoride in caries prevention and preventing dentine sensitivity.</li></ul>
<b>WEEK 3</b> <b>Delivering Better Oral Health</b> <u>Online lecture:</u> 20 Multi-choice questions 1 hour study	<ul style="list-style-type: none"><li>• Have a good understanding of the contents of Introduction to Delivering Better Oral Health</li><li>• Explain to a patient the recommended doses of topical fluoride appropriate for the individual based on age / caries rate / influencing factors</li><li>• Demonstrate during a fluoride application appointment that they are able to give supportive oral health advice regarding diet / oral hygiene regime appropriate to the patient they are treating.</li></ul>
<b>WEEK 4</b> <b>Application of fluoride process</b> <u>Online lecture:</u> 20 Multi-choice questions 1 hour study	<ul style="list-style-type: none"><li>• Confidently explain the different topical fluoride preparations available including varnishes / mouthwashes and toothpastes</li><li>• Confidently give advice to a patient about the appropriate product for them</li><li>• Identify any relevant medical history concerns that may prevent the use of a topical fluoride application</li><li>• Identify any contraindication to a topical fluoride application based on any systemic fluoride being taken (including being aware of local water supplies)</li><li>• Be aware of the consequences of fluoride toxicity</li><li>• Know how to handle any form of overdose identified.</li></ul>
<b>WEEK 5</b> <b>Application of fluoride process</b> <u>Online lecture:</u> 20 Multi-choice questions 1 hour study	<ul style="list-style-type: none"><li>• Explain the information required in a referral / prescription from a dentist for application of a topical fluoride</li><li>• Explain how they would gain informed consent from a patient for the procedure (including being able to explain the different types of consent)</li><li>• Explain the process of fluoride application as a step-by-step guide to include any pre and post placement advice</li><li>• Be confident in writing clinical notes of the appointment.</li></ul>
<b>WEEK 6</b> <b>Fluoride Debate</b> <u>Online lecture:</u> 20 Multi-choice questions 1 hour study	<ul style="list-style-type: none"><li>• Outline concerns that patients may have regarding systemic and topical fluoride</li><li>• Understand some of the clinical evidence against the use of fluoride</li><li>• Be confident in how to manage with a situation where a patient has refused consent and how to offer possible advice on other products they may wish to use and to be able to identify any contraindications to such products.</li></ul>
<b>Record of Experience Portfolio</b> 10 record sheets	<ul style="list-style-type: none"><li>• Demonstrate competence to apply fluoride varnish under the prescription of a dentist</li><li>• Demonstrate patient care and communication throughout fluoride treatment</li><li>• Demonstrate understanding of reflective learning and continuing education.</li></ul>

**£90.00 includes 10 verifiable CPD hours.**  
**Call 0207 193 0584 or book online.**