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RECORD OF EXPERIENCE PORTFOLIO
FLUORIDE VARNISH APPLICATION

PRACTICAL DEMONSTRATION

I [redacted] [redacted] [redacted] have provided
Supervisor first name *Last name* *GDC number*

[redacted] with practical training including demonstrating how to;
Student name and GDC number

	Tick:
1. Review medical/dental history	✓
2. Explain treatment to patient, reason for treatment, risks, benefits	✓
3. Gain patient consent	✓
4. Isolate tooth/teeth	✓
5. Apply topical fluoride	✓
6. Give post-treatment instructions	✓
7. Write clinical notes.	✓

28/3/17 [redacted]
Date *Supervisor signature*

Learning notes from practical demonstration - *To be completed by student*

* check referral and prescription from dentist.
* Reviewing Medical history - check for asthma.
* Reassure patient about treatment and benifits of fluoride application.
* Always gain consent from patient / Guardian.
* Isolating tooth - cotton wool rolls, 3 in 1 to dry surface before applying to reduce saliva flow for better application.
* Apply measured amount to appropriate dentition using a duraphat pad.
* Give clear post treatment instructions after applying varnish no eating, drinking or brushing for at least an hour after application if possible for full effects.
* write clear clinical notes of application chart preventative fluoride applied at dentists prescription request.

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SUPERVISED CASE STUDY 1

Date: 28/3/17 Supervisor name and GDC number: [redacted]

Patient Profile: Adult female, M/H checked - clear, Pt c/o recession sensitivity UL3,4,5,6, UR 3,4,5,6, Good O/H, 6 Month attender

Treatment required and reason:

22,600ppm F Sodium Fluoride varnish. To be applied twice in 1 week to aid hypersensitive teeth.

OBSERVATIONS BY SUPERVISOR/MENTOR

PATIENT CARE AND COMMUNICATION	STANDARD ACHIEVED
1. Treatment explained to patient	1. Excellent/ Satisfactory/ Unsatisfactory
2. Reason for treatment explained to patient	2. Excellent/ Satisfactory/ Unsatisfactory
3. Opportunity given to patient to ask questions	3. Excellent/ Satisfactory/ Unsatisfactory
4. Consent given by patient	4. Excellent/ Satisfactory/ Unsatisfactory
5. Medical/dental history checked	5. Excellent/ Satisfactory/ Unsatisfactory
6. Practical application of fluoride varnish	6. Excellent/ Satisfactory/ Unsatisfactory
7. Post treatment advice/instructions given to patient	7. Excellent/ Satisfactory/ Unsatisfactory

Supervisor comments: I WAS PLEASE TO SEE THAT LORNA WAS CHECKING THE MEDICAL HISTORY BOX ON THE COMPUTER & VERBALLY. GOOD CLEAR INSTRUCTION ALSO GIVEN TO PATIENT [redacted]

Supervisor signature:

Student reflective notes/learning experiences:

I felt confident during appointment and gained consent from patient explaining that I was training, patient was happy to proceed. M/H checked - clear, Pt asked how duraphat worked, I explained to pt using a visual picture that the varnish delivers a stronger dose of fluoride and forms calcium fluoride globules which block the dentine tubules exposed by the recession, I reinforced brushing techniques and recommended on the appointment, I gave pt leaflet on sensitivity and recession.

I applied varnish to areas stated by referring dentist, gave pt post treatment instructions and informed them of there recall app that week for second application, Pt happy.

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SUPERVISED CASE STUDY 2

Date: 29/3/17 Supervisor name and GDC number: [redacted]

Patient Profile: Adult female, M/H checked-clear, carious subgingival root surfaces buccally LL5, LR5, UL4, UR6, OH Moderate, Regular attender.

Treatment required and reason:
22,600ppm F Sodium fluoride varnish, white spot carious lesions varnish to be applied to aid with remineralisation of buccal surfaces LL5, LR5, UL4, UR6.

OBSERVATIONS BY SUPERVISOR/MENTOR

PATIENT CARE AND COMMUNICATION	STANDARD ACHIEVED
1. Treatment explained to patient	1. Excellent/ Satisfactory/ Unsatisfactory
2. Reason for treatment explained to patient	2. Excellent/ Satisfactory/ Unsatisfactory
3. Opportunity given to patient to ask questions	3. Excellent/ Satisfactory/ Unsatisfactory
4. Consent given by patient	4. Excellent/ Satisfactory/ Unsatisfactory
5. Medical/dental history checked	5. Excellent/ Satisfactory/ Unsatisfactory
6. Practical application offluoride varnish	6. Excellent/ Satisfactory/ Unsatisfactory
7. Post treatment advice/instructions given to patient	7. Excellent/ Satisfactory/ Unsatisfactory

Supervisor comments: THIS WAS A GOOD SESSION. I FEEL YOU SHOULD HAVE EXPLAINED THE PROCESS OF ROOT CARIES MORE EFFECTIVELY TO THE PATIENT & THIS WAS THE REASON FOR [redacted] THE FLUORIDE APPLICATION,

Supervisor signature:

Student reflective notes/learning experiences:
I explained to the Pt I was training and gained consent M/H checked - clear, I advised the pt that she would benifit from an OHE appointment, I reinforced brushing and gum disease advice, I explained how fluoride helps strengthen our teeth and can protect them from developing more caries, I advised pt that dentine is more subseptable to decaying as this layer is softer than enamel, Pt was happy to proceed with varnish application. I applied to all areas dentist had requested LL5, LR5, UL4, UR6. using the measured amount, post treatment instructions given and Next recall app confirmed with pt, pt happy.

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SUPERVISED CASE STUDY 3

Date: 30/3/17 Supervisor name and GDC number: [redacted]

Patient Profile: Adult female, M/H checked-clear, Pt c/o sensitivity, exposed root surfaces abrasion cavities, dH good, 6 Monthly attender. UR5-4 UR5-4 Buccally.

Treatment required and reason:
22,600ppm F Sodium Fluoride varnish to be applied MCC in 1 week to aid with hypersensitive teeth & dentine sensitivity.

OBSERVATIONS BY SUPERVISOR/MENTOR

PATIENT CARE AND COMMUNICATION	STANDARD ACHIEVED
1. Treatment explained to patient	1. Excellent/ Satisfactory/ Unsatisfactory
2. Reason for treatment explained to patient	2. Excellent/ Satisfactory/ Unsatisfactory
3. Opportunity given to patient to ask questions	3. Excellent/ Satisfactory/ Unsatisfactory
4. Consent given by patient	4. Excellent/ Satisfactory/ Unsatisfactory
5. Medical/dental history checked	5. Excellent/ Satisfactory/ Unsatisfactory
6. Practical application of fluoride varnish	6. Excellent/ Satisfactory/ Unsatisfactory
7. Post treatment advice/instructions given to patient	7. Excellent/ Satisfactory/ Unsatisfactory

Supervisor comments: I WAS PLEASED TO SEE GOOD POST-OP INSTRUCTIONS GIVEN TO MC PT. IN COMBINATION WITH TOOTHBRUSHING TECHNIQUE ADVICE TO PREVENT FUTURE DAMAGE.

[redacted]
Supervisor signature:

Student reflective notes/learning experiences:
I explained to the patient I was training pt happy to proceed, I gained consent, M/H checked-clear, I explain to the patient the cavities have formed due to Mechanical means such as scrubbing with a tooth brush this has caused the recession I reinforced brushing techniques and advised an OHE app. I advised to use a sensitive toothpaste continuously to help build up the fluoride in the tubules pt understood. I isolated teeth with cotton wool rolls and dried with cotton wool rolls, applied varnish to requested areas by dentist.

Post instructions given verbally, leaflet on abrasion and sensitivity given, pt happy.

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SUPERVISED CASE STUDY 4

Date: [redacted] Supervisor name and GDC number: [redacted]

Patient Profile: Adult Male, M/H checked - clear, high decay rate, high sugar intake, O/H poor, 12 monthly attender.

Treatment required and reason:
22,600ppm F Sodium Fluoride Varnish to be applied to aproximal surfaces of molars & premolars, upper & lower dentition to aid with remineralisation.

OBSERVATIONS BY SUPERVISOR/MENTOR

PATIENT CARE AND COMMUNICATION	STANDARD ACHIEVED
1. Treatment explained to patient	1. Excellent/ Satisfactory/ Unsatisfactory
2. Reason for treatment explained to patient	2. Excellent/ Satisfactory/ Unsatisfactory
3. Opportunity given to patient to ask questions	3. Excellent/ Satisfactory/ Unsatisfactory
4. Consent given by patient	4. Excellent/ Satisfactory/ Unsatisfactory
5. Medical/dental history checked	5. Excellent/ Satisfactory/ Unsatisfactory
6. Practical application of fluoride varnish	6. Excellent/ Satisfactory/ Unsatisfactory
7. Post treatment advice/instructions given to patient	7. Excellent/ Satisfactory/ Unsatisfactory

Supervisor comments: GLAD TO SEE YOU EXPLAINING THE CARIES PROCESS & HOW F- VARNISH WORKS TO PREVENT CARIES. GOOD CLEAR EXPLANATION OF SUGARS & CARIES PREVENTION. [redacted]

Supervisor signature:

Student reflective notes/learning experiences:
I explained to the patient I was training pt happy to proceed, M/H checked - clear. I reinforced ID cleaning using tepes & floss on a model to demonstrate I also explained the caries process to kid explaining the different sugars the we consume, I advised pt to try and keep his sugar intake minimal and reinforced brushing techniques. I applied measured amount of varnish to all aproximal surfaces dentist nad requested after drying them with cotton wool rolls. I advised an one appointment to aid with prevention and asked reffering dentist to prescribe duraphat 5000ppm toothpaste. Post instructions given, pt happy next recall booked for 6 months time.