



Fluoride Application Mentoring for Direct Observation of Procedure (DOP)

For further information and support please contact your local Childsmile
[Coordinators – Childsmile \(nhs.scot\)](https://www.childsmile.nhs.scot)

[childsmile.nhs.scot](https://www.childsmile.nhs.scot)

NHS
SCOTLAND

This session will cover



- The content of the NES Childsmile six-module training course
- Mentor's role in reflective journal – clinical training in primary care
- Direct Observation Procedure (DOP)
 - Guidance around completion
 - Role and responsibility of mentor

GDC Requirements

It is understood that mentors will access this training resource

- Set protocols and guidance
 - Nationally
 - Locally
- Mentors must be:
 - Registered Dentists
 - Registered Hygienists/Therapists



Childsmile Six Module Course



- The training course incorporates a community development approach throughout all the modules and promotes an ethos of working in partnership with families.
- This includes a self-directed blended learning course delivered by NHS Education for Scotland Reducing Inequalities Tutors using digitally enhanced learning methods to meet the outcomes. You will require access to the internet, computer with webcam and audio functions.
- It also includes an in-person day

NES Six-Module Childsmile Training Course



- Introduction to the Childsmile Programme
- Dental Public health and data collection
- Health and Safety
- Infection control
- Professionalism and Ethics
- Key oral health messages
- Toothbrushing and Fluoride varnish
- Breastfeeding benefits
- Weaning and pre 5 nutrition
- Supporting Child wellbeing
- Working with children in the clinical or community setting
- Communication
- Behaviour change
- Health Inequalities and a community development approach

NES Training Requirements



- To become a Fluoride Varnish Extended Duties Dental Nurse, they must be registered with the GDC.
- If not registered, or if registration has lapsed, it is not legal for a dental nurse to practice within dentistry or within an EDDN capacity within the Childsmile Programme.

Booking on Training

Book on via TURAS:

<https://turasportfolio.nes.nhs.scot/>

Administrator:

pamela.rodgers@nhs.scot

Tel: 0141 351 2638



NES Training Requirements



- Mandatory to attend 6 days of training
- Only in extreme circumstances can days be rebooked or periods of the modules be missed.

Overview of the course



- The Theory elements of the course is credit rated by SQA at SCQF level 7 with 6 credit points.
- Clinical application of fluoride varnish is credit rated at level 8 with 2 credit points

[Childsmile 6 module course SCQF level 7/8 | Turas | Learn \(nhs.scot\)](#)

NES Training Requirements



- Successful completion of training portfolio is essential to achieve the qualification and to gain the SCQF credit points.
- Training portfolio return – 12 weeks from the first day of training – tutors will issue candidates with a return date.
- Practical
 - Five observations of fluoride varnish interventions with reflective essay
 - [Ten reflective practices](#) to be completed under the supervision of mentor
 - Final DOP assessed by the mentor to determine competency
- It is recommended that participants have a minimum of 30 hours protected study time within the workplace for completion of the training portfolio

Content of Childsmile Website www.childsmile.nhs.scot



- Information for parents/carers and professionals
- Details of the Toothbrushing, Fluoride Varnish, Community and Practice programmes
- Resource library
- Childsmile training manual <https://www.childsmile.nhs.scot/professionals/childsmile-manual/>
 - All information regarding key oral health messages
 - Information regarding training for fluoride varnish application

Determination I



- Childsmile preventive interventions
<https://www.childsmile.nhs.scot/wp-content/uploads/5475-2022-05-31-childsmile-statement-of-dental-remuneration.pdf>
- Contractual details of Determination I
<https://www.scottishdental.org/>

EDDN Fluoride Varnish Application Protocols



Duraphat Safety Issues



- Fluoride varnishes are generally considered safe and well accepted. However, DURAPHAT is contraindicated in patients with ulcerative gingivitis or stomatitis or known sensitivity to colophony (e.g. sticking plasters) or other ingredients. It is important to follow manufacturer's guidelines. See link below for information for Professionals

<https://www.colgateprofessional.com.hk/products/products-list/duraphat-varnish>

- The most common allergic response reported in the literature is the allergic contact dermatitis type response and that dentists assessing children's medical histories should take this into account when making recommendations for Duraphat use. Further information on products that may contain colophony can be found below.

<http://www.dermnetnz.org/dermatitis/rosin-allergy.html>

Local Protocols



Within your practice your Dental Nurse should be following local protocols including:

- Safeguarding (e.g. child protection)
- Risk assessment
- Lone working
- Medical history
- Consent
- Medical emergencies (e.g. fluoride toxicity and allergic response)

Duraphat Safety Issues



- Duraphat should be dispensed as prescribed for the child.
 - 0.25ml per child from 2 to 6 years
 - 0.4ml per child from 6 years and over
- This can be dispensed using appropriate dosing pads



Duraphat Safety Issues



- Only one dose should be dispensed at a time. All effort must be made to ensure that no child is at risk of receiving too high a dose of topical fluoride
- After Duraphat is dispensed the remainder should be stored safely out of reach of the child

Fluoride Toxicity



- Fluoride varnish is normally a very safe material to use
- Acute fluoride toxicity causes nausea and vomiting
- Chronic fluoride ingestion causes fluorosis
- Information on managing fluoride is available on the website

[Managing Fluoride – Childsmile \(nhs.scot\)](https://www.childsmile.nhs.scot)

EDDN Fluoride Varnish Application Medical History and Consent



Prescription – in clinic



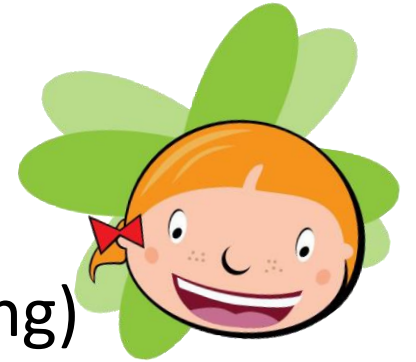
- A medical history form should be reviewed by the dentist and signed by the parent on each occasion that fluoride varnish is to be applied by an EDDN
- The dentist must write the treatment required i.e. fluoride varnish application (Rx F⁻ varnish application), sign their name, print their name and write the date.
- Please note that the dentist signing the prescription may or may not be the individual trained to supervise the DOPs.

Consent – in clinic



- The **legal parent/ guardian must be present** when fluoride varnish is to be applied within the practice setting.
- This is to ensure that an accurate medical history is provided
- The appropriately trained dental nurse must have the consent of the legal parent or guardian to proceed with the fluoride varnish application.

First application – in clinic



- Please note that prior to the first application (practice setting) by an EDDN, the child should first be assessed by a dentist.
- This may mean that for the first application, (and at the child's routine check-up) that it is less time consuming for the dentist to apply the varnish. This is an individual practice decision. For some practices, the EDDN may only apply fluoride varnish at interim appointments
- Aftercare instructions should be provided [Resources for Parent/Carers – Childsmile \(nhs.scot\)](#)

Medical History and Consent – in Education



- Medical history and consent is provided by the parent/guardian who completes the consent paperwork
- Individual children are validated on the HIC system by the prescribing dentist based on this information
- Aftercare instruction [Fluoride varnishing – Childsmile \(nhs.scot\)](https://www.childsmile.nhs.scot/fluoride-varnishing)
 - Your child should eat soft foods for the rest of the day, which will help the varnish to stay on their teeth longer.
 - If you use fluoride drops or tablets these should not be given for 2 days after the fluoride varnish has been applied. After that, continue as directed.

EDDN Fluoride Varnish Application Training



Training for Fluoride Varnish Application



Nurses receive:

- theoretical training on fluoride varnish application on the course
- practical in person experience using models

NES Childsmile Practical Training Course



- Risk assessment.
- Fluoride varnish protocols.
- Consent.
- Exemptions.
- Dosages.
- PPE.
- Aftercare.
- Overdose.
- Fluoride varnish safety.
- Collapsed child protocol.
- Reporting adverse reactions protocol.
- Communication.
- Skills practice – Toothbrushing.
- Reflective diary.
- Direct observation procedures.
- Skills practice - Fluoride varnish application.

Workplace Training for Fluoride Varnish Application



Training continues in the clinical setting, the nurse should

- Firstly, observe their mentor (or an appropriate dental therapist, hygienist or an extended duty dental nurse delegated by their mentor) apply varnish in 5 cases
- then apply varnish to **at least** 10 children under supervision of their mentor
- complete reflective diary for the cases 1 to 10 with their mentor
- When ready, undergo final DOP
- Mentor to complete seven-stage assessment for DOP

Direct Observational Procedure



- A nurse must be assessed as competent by the mentor in areas 1-7 to complete the DOP
- If they do not complete one of the competences satisfactorily the area should be identified and addressed, and the entire DOP re-taken
- After successful assessment, the mentor and nurse should then send all relevant documentation to NES

EDDN Fluoride Varnish Application

Seven Areas of competence



1. Taking or checking a relevant medical history and risk-assessing the patient for fluoride varnish application



The nurse must ensure:

- They have a system for ensuring they have the right child
- The child has the appropriate medical history, consent and prescription
- Any child feeling unwell on the day should be re-appointed.
- They have risk assessed both the environment and the patient as per local protocol.
- Any abnormality of the face, lips or soft tissues are identified.

2. Clinical Judgment



The nurse should then:

- consider all info obtained at the risk assessment and should reach a decision whether or not to apply Duraphat and/or to refer to a dentist
- demonstrate that they are able to thoroughly inspect the lips and mouth for any abnormality.

3. Technical Ability and Manual Dexterity



All technical procedures must be performed appropriately, accurately and efficiently

The nurse should demonstrate they can:

- set up a tray as per the application protocol
- dispense the appropriate quantity (0.25ml or 0.4ml) of fluoride varnish (lock the remainder away)
- apply the fluoride varnish as per the application protocol
- carry out the procedure in a manner that ensures the comfort of the child

4. Communication Skills



The nurse should demonstrate good communication skills:

- All stages of the procedure must be explained to the child and family in a manner they can understand.
- Oral health messages should be given to the child/family when appropriate.
- During the procedure, the mentor should assess how well the nurse communicates with the child and parent
- The nurse should demonstrate use of verbal and non-verbal patient management techniques as pre SDCEP guidelines, e.g. tell – show –do .

5. Professionalism



The nurse should:

- show respect, courtesy and compassion for the child. Honesty and confidentiality should be maintained, and the GDC guidelines regarding professional conduct should be adhered to at all times.
- demonstrate they act in a professional manner during the procedure.

6. Knowledge



- The nurse should demonstrate an appropriate level of knowledge
- This should be assessed by using appropriate questions regarding the procedure, such as:
 - How does fluoride varnish prevent caries?
 - What is the toxic dose of fluoride varnish for 3 and 4 year old children?
 - What is the protocol for a collapsed patient?
 - What is the protocol for a patient with possible child protection issues?
 - What is their responsibility in this?

7. Organisation



The nurse must:

- be prepared for each child, and work in an organised manner
- demonstrate that they have taken appropriate precautions to prevent fluoride varnish being accessible to the patient or other children
- undertake fluoride varnish application in an appropriate amount of time

Post-qualification Support



- All EDDNs can benefit from ongoing support from a mentor
- Annual completion of TURAS EDDN training (available from summer 2024)
- Consideration of competency and continued professional development within their annual appraisal process.

EDDN Fluoride Varnish Application Indemnity



Indemnity



- All dental nurses who are employed by NHS Boards are indemnified by CNORIS for work they carry out at their employer's request.
- Nurses employed in general dental practices should also be indemnified through their dentist employer **when they carry out work at their employer's request.**
- Childsmile nurses therefore do not need their own professional indemnity provided they are working within the arrangements agreed by their employer.

Indemnity



- However, it is worth pointing out that membership of a professional organisation such as the British Association of Dental Nurses carries the added benefit of individual indemnity and also access to advisory and support services in the event of a complaint to a professional body such as the General Dental Council.



Any questions?

Reviewed by Childsmile
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