



Reflective Diary  
Direct Observational Procedure (DOP)  
Fluoride Varnish Application

**Name:** \_\_\_\_\_

**Childsmile Code:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Dental Nurse GDC Number** \_\_\_\_\_

For official use only	
No of training sessions complete	_____ (min 10)
Direct Observation Procedure complete	_____
GDC number confirmed	_____

# Clinical Training Sessions

## Guidance for mentors and trainees

Prior to completing this booklet you must have attended the Core Childsmile Training Programme.

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You are required to undergo clinical training in the Primary Dental Care setting and/or nursery/school with a mentor, who has been given information and guidance from the Childsmile programme, with regards to their roles and responsibilities when training the dental nurse in fluoride application.

You will then be required to observe and assist with the placement of fluoride varnish on at least **five** different patients and discuss these cases with your mentor.

Once you have observed **five** cases, you are required to undertake a minimum of **ten** supervised applications of fluoride varnish following the Childsmile protocol, however you may wish to undertake more cases until you feel confident in the application process.

You must document at least **ten** different cases in your reflective diary with guidance from your mentor.

The mentor will then assess the dental nurses' competence when applying fluoride varnish, using the Direct Observational Procedure form (DOP).

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**Contents**

20 reflective diary forms  
2 Direct Observation Procedure forms

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**Checklist**

- ☐ Observe (and assist) 5 treatments
- ☐ Clinical training session 10 treatments minimum
- ☐ Direct Observational Procedure (DOP) completed and signed off by trainer

## Reflective Diary

1. To be completed after each patient.
2. Trainee must complete with guidance from the mentor.
3. You are required to document at least ten reflective diaries.
4. After completion of a minimum of ten reflective diaries, the mentor will assess competences and complete a minimum of one Direct Observational Procedure (DOP).

Please return with the completed training portfolio to:

Oral Health Improvement Tutors  
West Dental  
NHS Education for Scotland  
Ground Floor  
One Clifton Place  
Glasgow  
G3 7LD

**Reflective diary**  
**Case 1**  
**Fluoride Varnish Application**

Venue – Surgery/Dental Practice\_\_\_\_\_

Mentor name \_\_\_\_\_ Designation - Principal\_\_\_\_\_

Patient Age \_\_\_6\_\_\_

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

I took medical history and double checked with parent. Asked patient if they felt well.

2. Clinical Judgement

I made sure area was clean and safe. Fluoride had been out of reach.

3. Technical Ability and Manual Dexterity

I found the use of cotton wool rolls difficult. My hands were quite shaky when applying Fluoride.

4. Communication Skills

Interacted with patient and parent throughout. Spoke in a way a patient understood. Good eye contact.

5. Professionalism

I remained professional at all times. Introduced myself to child and mother, and spoke about Childsmile.

6. Knowledge

Explained to both parent and child what Fluoride is and how it is good for their teeth.

7. Organisation

Had my Fluoride measured out and was organized for the patient. Also had medical history completed.

Suggestions for future cases:

Use smaller cotton rolls. Brushes instead of microbrush.

**Reflective diary**

**Case 2**  
**Fluoride Varnish Application**

Venue - Surgery/Dental Practice\_\_\_\_\_

Mentor Name \_\_\_\_\_ Designation - Principal\_\_\_\_\_

Patient Age \_\_\_\_4\_\_\_\_

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

I took medical history and double checked they had no allergies or hospitalised for asthma.

2. Clinical Judgement

All areas were safe and clean. Fluoride was out of reach. Child had carries so Fluoride was ideal.

3. Technical Ability and Manual Dexterity

I found it difficult to control the moisture with the cotton wool rolls so I asked patient to sit.

4. Communication Skills

I interacted with parent and patient. Praised patient for doing well.

5. Professionalism

Remained eye contact. Spoke in a clear, slow manner. Welcomed both parent and patient.

6. Knowledge

Advised parent on diet, sugars and explained the importance of Fluoride.

7. Organisation

Had patients record card, and fluoride 25ml measured.

Suggestions for future cases:

Section not completed.

**Reflective diary**

**Case 3**

## Fluoride Varnish Application

Venue – Surgery \_\_\_\_\_

Mentor name \_\_\_\_\_ Designation – Principal \_\_\_\_\_

Patient Age \_\_\_\_5\_\_\_\_

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

Went over medical history with patient. Patient had seen dentist and was recommended for fluoride as carries present.

2. Clinical Judgement

Area was ready for patient, Fluoride had been measured, made sure patient was ok/well.

3. Technical Ability and Manual Dexterity

Using smaller cotton rolls was so much easier. I was able to keep most of the teeth dry as I applied.

4. Communication Skills

Explained to both parent and patient was Fluoride was. Spoke to patient and parent throughout.

5. Professionalism

Introduced myself, explained what I was doing, and sat square on chair, re-assured patient.

6. Knowledge

Felt my knowledge was good, was able to answer any question the patient had to ask.

7. Organisation

I was organised for patient, and instruments and varnish was measured and ready for use.

Suggestions for future cases:

Section not completed.

Reflective diary

Case 4

Fluoride Varnish Application

Venue – Dental Practice \_\_\_\_\_

Mentor name \_\_\_\_\_ Designation - Principal \_\_\_\_\_

Patient Age \_\_\_\_3\_\_\_\_

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

Medical history had been completed. Patient was good case for Fluoride as had previous fillings.

2. Clinical Judgement

Child seemed well and happy.

3. Technical Ability and Manual Dexterity

Found application difficult as child wouldn't open mouth wide so applied varnish to posterior teeth.

4. Communication Skills

I communicated with both parent and patient, remained eye contact and listened to parent/patient.

5. Professionalism

Remained professional throughout, praised patient for letting me do her teeth.

6. Knowledge

Advised Mum on sugars and best drinks to give i.e. milk, water. Advised Mum with Fluoride is important.

7. Organisation

Felt I was organised although became quite nervous when giving patient advice.

Suggestions for future cases:

Remain calm.

**Reflective diary**

**Case 5**

**Fluoride Varnish Application**

Venue – Dental Practice \_\_\_\_\_

Mentor name \_\_\_\_\_ Designation – Principal \_\_\_\_\_

Patient Age \_\_\_\_6\_\_\_\_

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

Medical history was clear, patient was well, had previous carries, no signs of cuts, sores in mouth.

2. Clinical Judgement

Patient appeared to be well and happy to receive Fluoride varnish.

3. Technical Ability and Manual Dexterity

Patient became upset so applied Fluoride varnish whilst on parents knee which was difficult.

4. Communication Skills

Welcomed both parent/child, re-assured patient throughout, remained eye contact.

5. Professionalism

Spoke in a slow, clear manner and explained Childsmile.

6. Knowledge

Informed Mum of hidden sugars in drinks and best way to brush.

7. Organisation

As child sat on parents knee, I had to hold Fluoride and brush and rolls as I applied which was difficult.

Suggestions for future cases:

Apply Fluoride to glove which could rub onto brush when needed. Felt I had my hands full and was unable to apply Fluoride properly.

**Reflective diary**

**Case 6**

**Fluoride Varnish Application**



Venue – Dental Practice \_\_\_\_\_

Mentor name \_\_\_\_\_ Designation – Principal \_\_\_\_\_

Patient Age \_\_\_\_2\_\_\_\_

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

Medical history – patient had asthma but didn't attend hospital/hospitalised – patient was well.

2. Clinical Judgement

Patient was young but had decay on posterior teeth due to bottles (nursing bottle carries).

3. Technical Ability and Manual Dexterity

Patient sat on dental chair and was very co-operative. I applied Fluoride to all posterior teeth.

4. Communication Skills

Praised the patient, gave stickers, spoke to the patient as I applied the 'special magic toothpaste'.

5. Professionalism

Spoke to parent about Childsmile and Fluoride, asked for permission to apply Fluoride.

6. Knowledge

Gave parent information on decay and informed her about bottles at night time, explained how important it is to brush after bottle.

7. Organisation

Felt I was organised.

Suggestions for future cases:

Leaflets – more information for parents on nursing bottle carries.

**Reflective diary**

**Case 7**

**Fluoride Varnish Application**

Venue – Dental Practice \_\_\_\_\_

Mentor name \_\_\_\_\_ Designation – Principal \_\_\_\_\_

Patient Age \_\_\_\_6\_\_\_\_

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

Patients history was clear, patient was well.

2. Clinical Judgement

As patient was six years old, dentist decided it would be a good idea to apply Fluoride to all molars.

3. Technical Ability and Manual Dexterity

I managed well. Cotton wool rolls were easier to use. Fluoride was applied to all teeth.

4. Communication Skills

Communicated to parent and patient as I applied the Fluoride.

5. Professionalism

Spoke to both parent and patient, was well spoke, clear, spoke in a way patient understood.

6. Knowledge

Explained the importance of keeping sugar to a minimum and brush twice daily.

7. Organisation

Gave patient DVD on sugars, Fluoride had been measured and the tube stored away.

Suggestions for future cases:

This section was not completed.

### **Reflective diary**

#### **Case 8**

#### **Fluoride Varnish Application**

Venue – Dental Practice \_\_\_\_\_

Mentor name \_\_\_\_\_ Designation – Principal \_\_\_\_\_

Patient Age \_\_\_\_5\_\_\_\_

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

Medical history was completed and checked by dentist, patient was well.

2. Clinical Judgement

Patient had check up with dentist and dentists noticed deminer isolation on pre-molar.

3. Technical Ability and Manual Dexterity

I applied cotton wool roll, checked size and smeared on the varnish.

4. Communication Skills

Explained to parent and patient what I was doing, told patient I was applying paste to make teeth shiny and strong.

5. Professionalism

Sat square in chair when speaking to parent and introduced myself.

6. Knowledge

Explained to parent about the white spot and how Fluoride would help this.

7. Organisation

As patient was in getting check up, I didn't have any Fluoride prepared, wasn't organised.  
Took me time to get the Fluoride and rolls ready.

Suggestions for future cases:

This section was not completed.

### **Reflective diary**

#### **Case 9**

#### **Fluoride Varnish Application**

Venue – Dental Nurse \_\_\_\_\_

Mentor name \_\_\_\_\_ Designation – Principal \_\_\_\_\_

Patient Age \_\_\_\_3\_\_\_\_

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

Medical history completed and checked by dentist. Patient had cough but was well.

2. Clinical Judgement

Patient was on high dose medication/syrup which could harm teeth.

3. Technical Ability and Manual Dexterity

Patient would not open mouth so I applied what I could mostly to posterior c-c.

4. Communication Skills

Re-assured patient, explained what I was doing, smiled and interacted with patient.

5. Professionalism

Explained what Fluoride was for, welcomed patient/parent into surgery, explained what I was doing re Childsmile.

6. Knowledge

Explained the importance of Fluoride and advised parent to ask if sugar free syrup was available.

7. Organisation

Felt I was well organised.

Suggestions for future cases:

N/a.

### **Reflective diary**

#### **Case 10**

#### **Fluoride Varnish Application**

Venue – Dental Practice \_\_\_\_\_

Mentor name \_\_\_\_\_ Designation – Principal \_\_\_\_\_

Patient Age \_\_\_\_5\_\_\_\_

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

Patient was happy and excited about getting Fluoride. Medical history was up-to-date and clear.

2. Clinical Judgement

Patient had previous fillings and sedation for extractions so Fluoride was appropriate.

3. Technical Ability and Manual Dexterity

Fluoride was easily applied although found it hard to control the moisture. Used numerous cotton rolls.

4. Communication Skills

Spoke to patient throughout how it would make teeth strong and shiny.

5. Professionalism

Remained professional, explained why I was applying Fluoride, and introduced myself and spoke about the Childsmile Programme.

6. Knowledge

Explained the importance of brushing and diet, gave parent leaflets on Childsmile and Toothbrushing DVD.

7. Organisation

Had equipment, Fluoride varnish for patient. Medical history form had previously been completed.

Suggestions for future cases:

Use more cotton rolls, position chair up right to prevent much moisture.

**Direct Observation Procedure (DOP)  
Fluoride Varnish Application**

Venue – Dentist Surgery \_\_\_\_\_

Mentor name \_\_\_\_\_ Designation – Principal \_\_\_\_\_

Patient Age \_\_\_\_4\_\_\_\_

Case Complexity;      Low                                  Medium                                  **High**

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

Further training required

**Competent**

**2.      Clinical Judgement**

Further training required

**Competent**

**3.      Technical Ability and Manual Dexterity**

Further training required

**Competent**

**4.      Communication Skills**

Further training required

**Competent**

**5.      Professionalism**

Further training required

**Competent**

**6.      Knowledge**

Further training required

**Competent**

**7.      Organisation**

Further training required

**Competent**

**Satisfaction with DOP                                  Further training required**

**Competent**

**Signature of mentor** \_\_\_\_\_