



## **Childsmile Training Portfolio 1**

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

Area:  
(Please delete as appropriate)

NORTH

EAST

WEST

Date of course: \_\_\_\_\_  
(First day)

Course Code: \_\_\_\_\_

Dental nurse ☐

Dental health support worker ☐

Other (please state) \_\_\_\_\_

Date for return of training portfolio \_\_\_\_\_

A range of activities have been developed to demonstrate the participants' level of knowledge and understanding from the six day cohort of Childsmile training. The assignments within the training portfolio have been matched to the learning outcomes, to consolidate learning and enhance knowledge and skills developed from the Childsmile training.

The training portfolio must be returned to the oral health improvement team at NES within 12 weeks from the first day of the training course. The oral health improvement tutor will issue the return date to you on the first day of the training course.

It is a mandatory requirement of the course to return the training portfolio with all questions answered. It is not acceptable to return the training portfolio with questions incompletely answered.

You should type all your completed Training Portfolio assignment answers and Fluoride Varnish Direct Observational Procedure in font size 12.

All participants are encouraged to take notes throughout the training. Marks highlighted at the end of each question indicate how many relevant points are required to meet standards one mark will be awarded for each relevant point made, additional marks are awarded for level of understanding and originality.

Each module consists of different questions, please read the questions carefully as the guidance will enable you to answer all questions in full.

Guidance on marks per question and minimum word count to achieve a pass are below. To gain a credit pass, you must demonstrate increased depth of knowledge and explanation.

- 10 marks = 200 words
- 20 marks = 400 words
- 25 marks = 600 words

Once you have completed the training portfolio you require to certify that the completed work is your own. Please complete the following statement:

I (Print name)..... certify that this completed training portfolio is all my own work.

Signed.....

Date.....

When complete please email to:

[Childsmile@nes.scot.nhs.uk](mailto:Childsmile@nes.scot.nhs.uk)

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## **Module 1**

Module 1 consists of 6 questions, please read the questions carefully as the guidance will enable you to answer all questions in full.

### **Question 1**

**Describe the different characteristics of the Childsmile programme**

Your answer should include the following:

- A description of the different components of the programme
- A brief overview of the roles and responsibilities of each member of the Childsmile team within the different components of the programme

**20 marks**

### **Question 2**

**Discuss the need for accurate monitoring and data collection in relation to the Childsmile Programme.**

- Reference must be made to the role of dental public health programmes such as NDIP, SIMD and the contribution they make to the Childsmile Programme.
- Explain what HEAT targets are, making reference to the current Oral Health HEAT targets.

**20 Marks**

### **Question 3**

**Caries**

- Identify the six stages of caries progression
- Make reference to the fluoride interventions a dental nurse would advise at each stage of caries development
- Outline at what stages a dental nurse would apply these interventions.
- Discuss standard and enhanced care and give an example of each for a P1 (5-6) child.

**20 Marks**

#### **Question 4**

**Discuss the factors that cause damage to teeth.**

Your answer should make reference to caries & erosion involving:

- Factors
- Diet
- Drinks
- Sugars, including an explanation of intrinsic, extrinsic and non milk extrinsic sugars.

**20 Marks**

#### **Question 5**

**Establish the role of fluoride in oral health.**

Your answer should include:

- How topical and systemic affect the teeth
- Discussion around the different views surrounding the use of fluoride/fluoridation.
- The benefits of fluoride
- Present a balanced view using evidence to support your discussion e.g. quotes, references, and studies. ( Note a balanced view is not one sided)

**20 Marks**

#### **Question 6**

**Explain the oral health messages**

Your answer should:

- Make reference to information you would provide with regard to each the oral health messages
- Highlight the information you would provide on tooth brushing to parents and carers of young children.
- Identify the different techniques you would advise for children of different ages.
- Detail extra considerations for enhanced care within each message for a 3½ year old.

**20 Marks**

**Module 1  
Total 120 Marks**

## Module 2

Module 2 consists of 6 questions, please read the questions carefully as the guidance will enable you to answer all questions in full.

### Question 1

**Explain the purpose of the 1974 Health & safety at work act.**

Your answer should include:

- Reference to the Act
- Reference to COSHH
- The purpose of universal symbols
- Give one example of the act in use in your role

**10 Marks**

### Question 2

**State the 9 principles of practice as detailed in the GDC Standards for the Dental Team.**

- Choose three of these principles and explain how these relate to Childsmile.
- Your answer should also incorporate information on the Code of Conduct for Healthcare Support Workers.

**10 Marks**

### Question 3

**Hand Hygiene  
Infection control essay**

Your answer should include the following

- What are standard infection control procedures, why they are necessary, who should use them and when they should be used.
- Microorganisms present on the hands
- Hand preparation, products and facilities.
- You should also outline the stages of hand hygiene.

**20 marks**

#### **Question 4**

**Define the role of an extended duties dental nurse in identifying oral soft and hard tissue conditions.**

On identification of the following abnormalities:

Impetigo

Caries

Ulceration

- Describe the signs, symptoms
- Outline the action the dental nurse would take
- Address when it is appropriate to apply fluoride varnish.

**15 Marks**

#### **Question 5 – Answer only A or B**

##### **Scenario A**

A) Describe the consent process for the application of fluoride varnish to children in the nursery/school programme.

**10 Marks**

##### **Scenario B**

When trying to organise Childsmile sessions including fluoride varnish applications, the dental nurse realises the only time a surgery will be free is when the dentist is not on the premises.

Will this have an impact on whether the sessions can take place and are there any protocols or guidelines that have to be followed?

**10 Marks**

#### **Question 6**

##### **Fluoride application essay**

- Identify the different topical and systemic fluorides
- Make reference to the dosage
- List and explain the advantages and disadvantages of these fluorides from both the clinical/professional perspective and the Childsmile family perspective.

**15 Marks**

**Module 2  
Total 80 Marks**

### **Module 3**

Module 3 consists of 5 questions, please read the questions carefully as the guidance will enable you to answer all questions in full.

#### **Question 1**

##### **Write an essay on the benefits of breastfeeding**

Your essay should include an introduction to breastfeeding and discuss

- Benefits to the infant
- Benefits to mum
- Benefits to the wider community
- Make reference to evidence and policies used in your essay relating to the benefits of breastfeeding

**25 marks**

#### **Question 2**

##### **Write an essay on weaning**

Your essay should include the following:

- When and why weaning should take place
- Risks associated with early weaning
- Risks associated with late weaning
- Foods and drinks to use when weaning from 6 months
- Foods and drinks to avoid also include reasons why these should be avoided and when can they be introduced
- Make reference to evidence and policies used in your essay.

**25 marks**

#### **Question 3**

##### **Explain what a healthy diet is for a pre 5 child**

Your answer should make reference to:

- The four main food groups
- Suitable meal ideas
- Suitable drinks

**10 Marks**



#### **Question 4**

**Identify the barriers parent's encounter, with the uptake of children's nutritional guidelines**

Your answer should identify the following;

- 4 Main barriers encountered
- How you might overcome these
- Local initiatives available in your area
- Make reference to evidence and policies used

**20 marks**

#### **Question 5**

**Give an overview of the Scottish Government's policy and agenda with regard to children's nutrition in Scotland.**

You should discuss and make reference to the following policies plus two others:

- Schools regulation Act 2007 & 2008
- Fun First foods
- Infant Feeding Strategy

**10 Marks**

**Module 3  
Total 90 Marks**

## **Module 4**

Module 4 consists of 5 questions, please read the questions carefully as the guidance will enable you to answer all questions in full.

### **Question 1**

**Define the Getting it Right for Every Child approach in Scotland and the Protection of Vulnerable Groups Scheme?**

**10 Marks**

### **Question 2**

**State the different categories of child abuse**

Your answer should include

- the signs and symptoms you might witness in your role

**15 Marks**

### **Question 3**

**Detail child protection procedures**

Your answer should:

- Discuss best practice
- You may wish to make reference to Child Protection and the Dental Team, The National guidance and/or your local procedures.

**10 Marks**

### **Question 4**

**Write an essay defining early child development, and establishing your understanding of child development from 0-5 years.**

**15 Marks**

### **Question 5**

**Identify and explain the techniques you could use when working with children.**

**10 Marks**

**Module 4  
Total 60 Marks**

## **Module 5**

Module 5 consists of 8 questions, please read the questions carefully as the guidance will enable you to answer all questions in full.

### **Question 1**

#### **Prochaska and Di Clemente's cycle of change**

- Identify the stages of Prochaska and Di Clemente's cycle of change
- Give an explanation of each stage
- Establish ways of working with families through the stages of change

**10 Marks**

### **Question 2**

#### **Health behaviour change**

- Recognise the barriers individuals and families have to health behaviour change with examples
- Explore ways of working with families to overcome these barriers, highlighting local initiatives available in your area to support families

**10 Marks**

### **Question 3**

#### **Explain the different techniques of effective communication**

- Highlighting the advantages of the "SOLER," method of communication
- Make reference to verbal, non verbal and para linguistics communication

**10 Marks**

### **Question 4**

#### **Discuss the barriers to effective communication.**

**10 Marks**

### **Question 5**

**Explain the difference between the social and medical model of health, discuss the need for these in health care delivery in today's society and give an example**

**10 Marks**

**Question 6**

**Discuss and explain the barriers to good health and how the Childsmile programme can help reduce these:**

**10 Marks**

**Question 7**

**How does the Childsmile programme provide equitable services in oral health and health.**

**Your answer should make reference to:**

- Equity in health
- Health inequalities
- Barriers to health services
- Associated links to poverty

**10 Marks**

**Question 8**

**Explain the differences between poverty, relative poverty and absolute poverty and how it affects health in Scotland.**

**10 Marks**

**Module 5  
Total 80 Marks**

## Module 6

Module 6 consists of 3 parts, please read each section carefully as the guidance will enable you to answer all questions in full.

### Question 1

**Write a reflective journal about your delivery of a Childsmile Oral health session.**

Address the following Points.

- What happened e.g. what did I do
- What went well
- What went not so well
- How could I improve this session
- Resources used
- Lesson learnt

**20 Marks**

### 2. Open book assignment.

During this training session you will be asked to complete an open assessment:

- you will be able to use your books, notes, resources and any current relevant research
- you will have the opportunity of discussing this within your groups
- The assessment has 25 marks in total
- 15 marks for multiple choice questionnaire
- 10 marks for short answer questions.
- 1 mark will be awarded per question.

After participants have completed, the assignment, the tutor will collect the paper; this will be marked and added to participants completed training portfolio on submission.

**25 Marks**

### Mini OSCE (Objective structured clinical examination)

During this training session you will be allocated a time slot and asked to participate in a 5 minute OSCE

- You will be handed an OSCE scenario card detailing the points you should cover during advice giving
- The scenario will detail the age of the child and whether they require Standard care or Enhanced care from Scottish Dental Clinical Effectiveness Programme (SDCEP) guidance
- You will demonstrate your knowledge about the advice you would give
- You will be assessed on five competences

**25 Marks**

**Module 6**

**Total 70 Marks**

**Portfolio total Marks 500**

SAMPLE ONLY NOT FOR USE