

July 2008

Smiles for Life: A National Oral Health Curriculum
STFM Group on Oral Health
Second Edition

Examination Items

Module 6(b): Fluoride Varnish State Training

1. The mother of your 9 month old patient asks what causes early childhood caries (ECC). What would you say?
 - A. Acidic foods or drinks (e.g., carbonated drinks) attack teeth that lack enough enamel on their surfaces.
 - B. Bacteria in the child's mouth break down dietary sugars into acids which break down tooth enamel.
 - C. Inherited problems with malformed teeth make them susceptible to caries caused by substances in saliva.
 - D. A calcium deficiency during the time teeth are formed produces teeth that lack a sufficiently thick covering of enamel.

2. Which of the following factors place a child at increased risk for developing early childhood caries?
 - A. Having lower socio-economic status.
 - B. Having enamel hypoplasia.
 - C. Having a caregiver with caries.
 - D. Having plaque on the teeth.
 - E. All of the above.

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Module 6: Fluoride Varnish (continued)

3. While performing an exam on one of your young patients, you observe the tooth indicated by the arrow (see photograph). Describe the tooth's condition.



- A. The tooth is normal and has no white spots or tooth decay.
B. This tooth shows signs of Early Childhood Caries.
C. The tooth's enamel is thin, so fluoride varnish must be applied to strengthen the enamel.
D. The color of the tooth indicates that the child is at risk for developing fluorosis.
4. Which of the following is one of topical fluoride's mechanism of action in reducing the risk of caries?
- A. It inhibits demineralization of the teeth.
B. It reduces remineralization of the teeth.
C. It enhances the growth of oral bacteria.
D. It increases enamel solubility by being incorporated into its structure.

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Module 6: Fluoride Varnish (continued)

5. While performing an exam on one of your young patients, you observe the teeth indicated by the yellow arrows (see photograph). Describe the tooth's condition.



- A. The teeth are normal and have no visible decay.
B. The brown areas represent areas where loss of overlying enamel has exposed underlying dentin.
C. The brown areas indicate that the child has an abscess.
D. The brown color indicates that the child has developed fluorosis.
6. You note “white spots” on the teeth of a 9 month old patient. When you suggest having some fluoride varnish applied to the child’s teeth, her father asks you to comment on the benefits of fluoride varnish. What would you say?
- A. The fluoride varnish will enhance the growth of oral bacteria.
B. The fluoride varnish makes it less important for the child to have routine dental care.
C. The fluoride varnish can reverse early decay (i.e., the “white spots”) and slow enamel destruction by active early childhood caries
D. The fluoride varnish replaces the need to take systemic fluoride supplements.

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Module 6: Fluoride Varnish (continued)

7. You are about to apply fluoride varnish to the teeth of a 12 month old patient. You remember that a 4x4 gauze pad is among the required supplies. What purpose does the gauze pad serve?
 - A. The gauze pad is the vehicle used to apply the flourish varnish to the teeth.
 - B. The gauze pad is used to soak up excessive saliva from the child's mouth to prevent contamination of the fluoride varnish.
 - C. The gauze pad is used to dry the child's teeth and to remove gross plaque.
 - D. The gauze pad is shown to the child to stimulate her to open her mouth.

8. What guidance do you give the grandmother of a child who has just had fluoride varnish applied to his teeth?
 - A. The child's teeth will be discolored for about a week.
 - B. Do not brush the child's teeth for at least 48 hours.
 - C. Wait at least 4 weeks before brushing the child's teeth with fluoridated toothpaste.
 - D. Avoid giving the child hot or hard food for 24 hours.

9. What guidance would you provide the mother of your 24 month old patient who expresses concern about her child developing fluorosis? The family lives in a town that adds fluoride to the water supply, and the child has already had 2 cavities.
 - A. Tell the mother to place use only a rice-grain size dab of fluoridated toothpaste when brushing the child's teeth.
 - B. Reduce by half the prescribed dosage of the systemic fluoride supplementation the child is taking.
 - C. Brush the child's teeth every other day.
 - D. Only give bottled drinking water to the child.

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Answers

1. B
2. E
3. A
4. A
5. B
6. C
7. C
8. D
9. A