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help you thrive

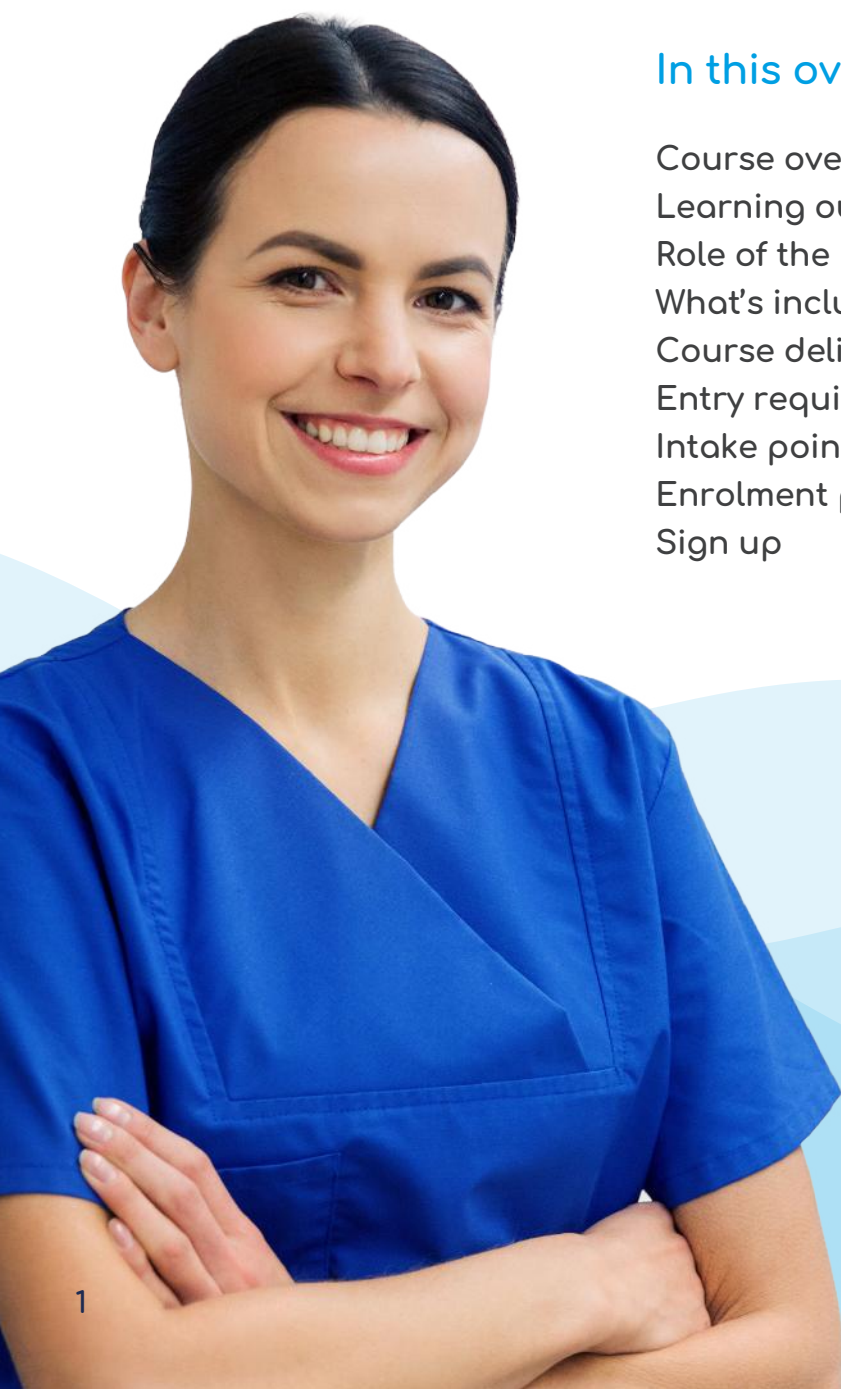
Fluoride Varnish Application and Measuring Plaque Indices

Post-Qualification Course

Fluoride Varnish Application and Measuring Plaque Indices

Enhance your clinical skills and contribute to improved patient care with our comprehensive course on fluoride application and plaque indices measurement. Designed specifically for qualified Dental Nurses, this course empowers you to deliver advanced oral health interventions within your scope of practice.

By supporting skill mix in dental teams, this course not only elevates your expertise but also enhances the efficiency and quality of care in practice. Running over a period of up to six months, it offers the perfect balance of in-depth learning and practical application.



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Course overview and structure

This course provides GDC-qualified Dental Nurses with the knowledge and practical skills to carry out fluoride application and measure plaque indices within their professional scope, following training and competency sign-off.

The learning journey includes:

Engaging eLearning modules

A multiple-choice test to consolidate understanding

An interactive online practical session

After the practical session, participants will complete a portfolio comprising fluoride varnish applications for eight children and two adults, alongside five plaque index measurements - two of which should be from adult fluoride varnish patients.

Competency will be signed off by an appropriately qualified GDC registrant within your practice, ensuring confidence and compliance in delivering these essential preventive care procedures.



Learning outcomes

Fluoride Varnish Application

Learn how to effectively apply fluoride varnish and understand the purpose and benefits of it in preventing dental caries by strengthening enamel. Learn when and why it is recommended, particularly for children and patients at high risk of decay.

Measuring Plaque Indices

Gain the skills to measure plaque levels accurately as a tool to assess oral hygiene, monitor the effectiveness of cleaning routines, and motivate patients toward better oral health practices.

Role of the Dental Nurse

Support Dentists and Dental Hygienists in delivering preventive care

Prepare materials and maintain strict infection control protocols

Educate and motivate patients, with a focus on children

Record plaque scores and reinforce oral hygiene advice

Identify contraindications for fluoride varnish application

What's included

- ✓ Latest course syllabus materials
- ✓ Regular live online classes
- ✓ Full support from our industry expert tutors
- ✓ 24-hour access to our online e-learning material
- ✓ Assignment marking with comprehensive feedback



Course delivery

This flexible course is designed to be completed within six months, with the option to finish sooner upon successful portfolio submission and competency sign-off. Learning begins with interactive eLearning modules and a multiple-choice test to consolidate theoretical knowledge.

Participants will then attend a practical online session to support real-world application in practice. Following this, a portfolio must be completed, including fluoride varnish applications for eight children and two adults, as well as five plaque index measurements - two of which should be from adult fluoride varnish patients.

Competency will be verified by an appropriately qualified GDC registrant, ensuring compliance and confidence in delivering preventive care.

Entry requirements

- You must be a General Dental Council registered professional and hold a certificate of indemnity insurance.
- Your dental practice must be willing to allow you to apply fluoride varnish to eight children and two adult patients, plus five plaque index measurements. There must also be an appropriately qualified, and GDC-registered, professional within the practice willing to sign off your portfolio.
- You must have regular access to a computer/laptop and the internet to undertake this online course.

Enrolment process

You can enrol either online or over the telephone. You will be required to complete an application form online and provide a copy of your GDC registration certificate and certificate of indemnity insurance.

Your supervising employer will need to sign a consent form to agree to you completing the course under their supervision.

Course fee £200 plus VAT

If you require any support please contact our Onboarding Team at:

academysupport@tempdent.co.uk
020 8371 6700.

Intake points

You can begin this course at any time. The online practical sessions run monthly, giving you the flexibility to book on a day that best suits you.

Tempdent will begin running this course from February 2026.





I've just completed my training with Tempdent and couldn't be more grateful for the experience. The course itself was **well-structured, clear, and supportive** from start to finish.



[Click here to sign up](#)

020 8371 6700
hello@tempdent.co.uk

