



College of Dental Hygienists of Nova Scotia  
**Continuing Competency Program Reflection Document**

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Course Name: Fluoride: Which application is Best?

Date Completed: 01/01/01

**1. Identify one specific example of what you have learned.**

Evaluation Criteria: Is learning evident? Does the example clearly link the learning objectives - either one in the course's objectives, or one that the individual has identified themselves?

*Example: Current available options for in office/clinical fluoride applications, and when to use them.*

**2. Provide two concrete examples of how you can apply this to your practice.**

Evaluation Criteria: Are examples provided? Do they provide evidence that learning is incorporated into RDH practice?

*Example: (1) I can increase the fluoride treatment options in my practice (currently there are two).  
(2) will be implementing an additional treatment option that will allow me to offer clients fluoride therapy options that may be even more beneficial, based on my assessment of their caries risk.*

**3. What are some challenges that you may encounter in applying your new knowledge and how do you propose overcoming these challenges?**

Evaluation Criteria: Is self-reflection evident? Has the individual identified barriers and/or future learning needs?

*Example: Change may be a challenge. Clients have received fluoride foam/gel treatments for many years and may be unwilling to try another option. Therefore, I will explain to my client why I am recommending a different form of fluoride for them, based on their individual needs. For example: Exposed root surfaces causing sensitivity would benefit from a varnish type fluoride treatment.*