



SAMPLE: Personal Learning Tool (PLT)

Date: July 1, 2024	Speaker/Sponsor: Dr. K. Smith/Pacific Dental Conference	Registrant #: 774
Name of Activity: Optimal Pediatric Oral Health Care		Hours: 3
Please describe the knowledge/skills gained from this activity: <ul style="list-style-type: none">• The main goals of providing oral health care for pediatric clients include implementing primary intervention techniques and creating a positive dental experience for children and their caregivers.• Client inquiry and preparatory time is key to creating a positive dental experience. For example, asking the caregiver about child sensitivities and then making effort in accommodating these during the appointment. An example might include having a weighted blanket and ear plugs available for highly sensitive people during the appointment.• The "appointment sandwich" technique for communication: fun → work → fun<ul style="list-style-type: none">○ Preprocedure: fun activities available in waiting room, have dental-related books available, encourage children to bring a dental buddy along such as a favorite toy or stuffed animal to sit with them in the dental chair.○ Procedure: complete the dental hygiene services, work, but make it fun (counting, singing, engagement with the child). Give plenty of praise and encouragement during this time.○ Post procedure: fun; allow the child to select their favorite color of toothbrush and choose a prize. Provide plenty of positive reinforcement about completing the appointment successfully.• Allow the child to have choices (example: ask <i>what flavor of fluoride varnish would you like?</i>) Encourage autonomy by giving the child hand signals to provide feedback during the appointment (thumbs up, thumbs down, raise hand).• Don't disregard anyone's fears, and don't force appointments, especially if treatment is not urgent. The focus should always remain on creating a positive experience.• The speaker provided the names of different oral health aids and products designed for children.		

SAMPLE: Personal Learning Tool (PLT)

Of the knowledge/skills gained from this activity, which will you implement into practice?

- I plan to spend more time socializing with the child and caregiver at the beginning of pediatric appointments. This will include discussion of hand signals to offer the child communication of autonomy during the appointment.
- The speaker made an excellent point about considering accommodations that could improve the child's experience. I plan to ask my employer to purchase ear plugs and a weighted blanket to offer clients during their appointment.
- I will provide an age-appropriate explanation during each step of the appointment. The speaker gave great examples of age-appropriate language for a variety of ages.
- The speaker suggested another course which I plan to enroll in: Autism and Neurodiversity in Dentistry offered through the University of British Columbia.

What constraints (if any) do you foresee in implementing your new knowledge/skills?

- Working with children can be difficult. I worry that I might have trouble remembering appropriate communication techniques when I'm feeling stressed.
- I worry about time constraints during appointments as a barrier.
- I have concern that my employer will not want to purchase additional resources.
- I worry about the rising cost of inflation as a constraint to caregivers purchasing recommended products from my office.