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DHYG 310

Professor Diana Lin

**Community Practice: Fluoride Varnish Rotation Reflection**

I shadowed Nancy Macmillan at the White Rock Health Unit, and we saw approximately 5-6 children. The session began with Nancy giving us a brief introduction of herself and the program. I was a bit late due to the fact that I was unable to locate the building. I was given information that the session would be held in a brown, low-rise building beside the Emergency Unit called the Berkeley Pavilion. However, I mistakenly entered the Weatherby Pavilion as it is also a brown, low-rise building on the other side of the Emergency Unit. I did not anticipate getting lost therefore to improve next time, I should arrive with adequate time anticipating shortfalls. During the session, Nancy did most of the speaking and most of the clients that we saw were of Asian descent. Sometimes, it was difficult for the clients to understand English and it was enriching to experience how a professional like Nancy broke down complex terms into simple language. It also highlighted the importance of health literacy as it is definitely low with the Chinese population. One child was left alone with us as her mother was paying for parking. Nancy built rapport with the child by giving the child stickers that she might like. I was able to deliver the brushing and varnish application on another child. This child was anxious and cried as I started. I remembered the technique from the YouTube video Nancy suggested to me and this served me well during this experience. Nancy emphasized that we should be bold and take control of the situation. Although the child I worked on was crying throughout the session and was uncooperative, I managed to get the brushing and fluoride on with ease. Singing a song such as “The Wheels on the Bus” or “Twinkle Twinkle Little Star” helped tremendously with calming the clients down. I found the experience very fun and interesting and I hope that I can experience this once again in the future. Working with Nancy was a pleasure and she was open to answer any questions that we had in the end.