

## CPD Answers

Here are the answers to last issue's CPD questions on oral health education.

1. Patients should have an oral examination:
  - A At least every 12 months for adults
  - B Every three months for children
  - C Every two years if they have no natural teeth
  - D As often as the dentist advises

**Answer D**

2. Which of the following is **false** regarding the use of fluoride toothpaste?
  - A A smear of paste is sufficient for babies, and a small pea sized amount of paste is recommended for older children
  - B Children should brush their teeth after every meal and snack
  - C Parents should supervise brushing at least until the age of seven
  - D Children should be encouraged to spit out after brushing, and not rinse their mouths out with water

**Answer B**

3. To help smokers to quit, DCPs should:
  - A Encourage smokers to cut down if they don't want to quit
  - B Advise smokers that medication has not been shown to help cessation
  - C Refer smokers who are interested and motivated to stop to their local NHS Stop Smoking Services for specialised help
  - D All of the above

**Answer C**

4. Which of the following statements are consistent with NICE's draft guidance on interventions to support attitude and behaviour change?
  - A Behaviour change is very complex and difficult to achieve
  - B It is more worthwhile for DCPs to concentrate their efforts on their better motivated patients and families
  - C Education is the key to success: if patients' knowledge is greatly improved, behaviour change will very likely follow
  - D Health professionals should focus on broad messages such as 'eat a healthier diet' and should prepare standard 'mini-lectures' for their patients

**Answer A**

Congratulations to the first three entries to be drawn from our winter issue.

They were: Mrs Teresa Humphries, Dr Sylwia Kizlo and Dr Ramy Magdy.

They all win a copy of *A guide to prevention in dentistry*.

