

ROLEPLAYER CARD NO. 1

DENTISTRY

SETTING Local Dental Clinic

PARENT

You are the parent of a six-year-old boy. Your son grinds his teeth at night. You would like some advice. Your son is not present.

TASK

- When asked, say your six-year-old son grinds his teeth at night and you're concerned that this might be a problem.
- When asked, say you noticed the problem about a month ago. It's not every night, but maybe a few times a week. He hasn't had anything like this before. You don't think anyone else in your family has had this problem. When asked, say you haven't noticed your son snoring. He seems to sleep well despite the grinding. He doesn't appear tired or irritable during the day.
- When asked, say he hasn't complained of any headaches, earaches or anything else. You're not sure if there's been any damage to his teeth.
- When asked, say you hope your son will grow out of this and that he won't always grind his teeth.
- Say you feel more reassured now; you'll definitely bring your son in for an appointment.

CANDIDATE CARD NO. 1

DENTISTRY

SETTING Local Dental Clinic

DENTIST

You see the parent of a six-year-old boy with bruxism (excessive grinding of the teeth). The parent would like some advice. The child is not present.

TASK

- Find out reason for parent's visit.
- Explore details about child's bruxism (onset, frequency, previous occurrences, family history, etc.). Find out other relevant information about child (any snoring, poor sleep, irritability/restlessness throughout day, etc.).
- Give information about bruxism (e.g., sleep-related movement disorder: reflex, common, etc.). Describe possible problems linked to bruxism (headaches, earaches, tooth damage, etc.). Explore relevance of these to child.
- Describe ways of dealing with bruxism (e.g., splint/mouth guard: moulded to fit child's teeth, worn at night; sleep hygiene: set bedtime, staying hydrated, dark room/no lights; etc.). Recommend next steps (e.g., initial appointment for child: checking damage to teeth, evaluating need for treatment; regular appointments to monitor; etc.). Find out any other questions/concerns.
- Reassure parent about bruxism (e.g., often self-limiting with onset of adult teeth, recent onset: damage unlikely, etc.). Establish parent's willingness to bring child in for appointment.