

## SETTING

Suburban Dental Surgery

## CARER

You are the parent of a six-year-old boy who grinds his teeth at night. You are asking for advice about this problem. You are on a limited income, so you are very concerned about the expense of possible treatments.

## TASK

- Explain that your child grinds his teeth at night and ask if this can cause any problems.
- Find out if there is any way of dealing with this problem.
- When asked about the suggestions, express concern that this will be too expensive. You are anxious about dental bills and afraid of over-servicing (provision of services that are excessive, unnecessary or not reasonably required).
- When asked, find out if your son is likely to grow out of this problem.

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## DENTIST

This parent has a six-year-old boy with bruxism. The parent is asking for advice on what to do about it.

## TASK

- Explain why some people grind their teeth (it is a reflex) and outline the sorts of problems that tooth grinding can cause (headaches, earaches and tooth damage).
- Tell the parent the various possible ways of dealing with this problem (such as a splint or mouth guard to be worn at night).
- Find out the patient's view on your suggestions.
- Reassure the parent that the cost of these devices is not excessive and should be considered in relation to the problems they can prevent.
- Find out what further information the patient needs, and if necessary, explain that it is possible that the child will outgrow the problem but that it is also common in adults.