

NEBDN CERTIFICATE IN

FLUORIDE VARNISH APPLICATION

Course Information Pack 2026/27

Online (Distance Learning) · Post-Registration

THE SCHOOL OF DENTAL NURSING

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Add Prevention to Your Skills

Train to apply fluoride varnish safely, online at your own pace, with no final exam.

Course Overview

The Certificate in Fluoride Varnish Application is a post-registration qualification, equivalent to Level 4, awarded by the National Examining Board for Dental Nurses (NEBDN). It gives registered dental nurses the knowledge, critical understanding, practical skills and professional attitude to apply fluoride varnish effectively on a dentist's prescription, within a community-based programme or as part of a structured dental health programme.

You study online through our eTrain platform, then prove your skills in supervised appointments in your own clinic. When a dental nurse can apply fluoride varnish, the dentist's time is freed for treatment only they can provide, and your practice gains a team member who helps patients avoid decay in the first place.

Course Key Information

STUDY MODE	**Online, self-paced**
DURATION	**Up to 6 months (most learners finish in about 5)**
START DATE	**Flexible – start any time of year**
ACADEMIC LEVEL	**Equivalent to Level 4**

AWARDED BY	National Examining Board for Dental Nurses (NEBDN)
COURSE FEE	£495, including NEBDN registration and assessment fees Refundable only if you cancel before the course starts.
EXAMINATION	No final exam You're assessed through unit quizzes and a work-based Record of Competence.
LEARNING HOURS	About 40 guided learning hours across 9 units, plus 15 CPD hours
WHO IT'S FOR	GDC-registered dental nurses. Dental hygienists, dental therapists and orthodontic therapists can also apply.

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Course Benefits

Expand your role
Apply fluoride varnish within your GDC Scope of Practice

No final exam
Unit quizzes and work-based evidence

Study around your shifts
Online, at your own pace, start any time

One-to-one tutor support
By email, phone or Zoom

Group support
Optional drop-in sessions and student forums

Clear pricing
NEBDN registration and assessment fees included

Accessible learning: extra assessment time, transcripts and PDFs of all video content are available if you need them.

Entry Requirements

You can apply if you have:

- current GDC registration as a dental nurse, dental hygienist, dental therapist or orthodontic therapist
- at least six months' post-registration experience
- up-to-date CPD and a current personal development plan (PDP)
- access to a clinic, with enough patients, where you can complete supervised fluoride varnish appointments for your Record of Competence
- a supervisor: a dentist, hygienist, therapist or dental nurse qualified in fluoride varnish application.

Can a dental nurse apply fluoride varnish?

Yes, once trained and competent. The GDC Scope of Practice allows trained dental nurses to apply fluoride varnish on a dentist's prescription, following local protocols and employer policy.

Pair it with Oral Health Education

Fluoride varnish works hand in hand with oral health advice, so many nurses combine this course with our NEBDN Certificate in Oral Health Education.

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What Will You Learn?

The course follows the NEBDN syllabus for Dental Fluoride Varnish Application. By the end of your training, you'll be able to:

Knowledge and understanding

Understand oral health promotion, the role and limits of fluoride varnish, and the safeguards needed: training, referrals, consent and medical history forms, aftercare information and Patient Group Directions.

Intellectual skills

Support your own learning and that of others, and make sound clinical judgements before applying fluoride varnish.

Practical skills

Apply fluoride varnish safely to a range of patients within the legal and ethical framework, and give effective advice on diet, plaque control and fluoride use.

Personal attitude

Empathise and communicate effectively with patients, parents, carers and colleagues from different backgrounds and with different care needs.

NEBDN Syllabus Modules

The syllabus has three modules. Our online learning covers them in 9 units, each ending with a short quiz.

1 Maintaining Good Clinical Practice

- 1.1 Professional approach
- 1.2 Life-long learning
- 1.3 Evidence-based practice
- 1.4 Written records
- 1.5 Use of information technology
- 1.6 Organisational framework for clinical governance
- 1.7 Guidelines, including Delivering Better Oral Health and Scope of Practice
- 1.8 Relevance of outside bodies

2 Health Promotion and Disease Prevention

- 2.1 Principles of oral health promotion
- 2.2 Dental caries
- 2.3 Oral hard and soft tissue conditions
- 2.4 Fluoride
- 2.5 Community-based fluoride application programmes

3 Patient Management

- 3.1 Patient management
- 3.2 Legal issues and ethics
- 3.3 Health, safety and infection control
- 3.4 Medical emergencies
- 3.5 Communication

Source: NEBDN, Training in Dental Fluoride Varnish Application: Intended Learning Outcomes (syllabus, November 2020).

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How Is The Course Delivered?

You study online and at your own pace through our Virtual Learning Environment, eTrain, with video lessons, animations, guided tasks, learning materials and unit quizzes. There are no set lesson times, so you can plan your study around your work. Your personal tutor supports you throughout, including with your Record of Competence.

How Is The Course Assessed?

There is no final exam. To achieve the qualification, you must:

1. **Pass the unit quizzes**
   A short multiple-choice quiz at the end of each of the 9 units. You must pass them all.

2. **Complete your Record of Competence (RoC)**
   A supervised, work-based record completed in your clinic over at least 3 months, in two sections.

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Practical Competence Assessment Sheets

Observed appointments: 12 fluoride varnish applications and 3 oral health advice sessions, across three age groups.

Aged 3–10 | Aged 11–15 | Aged 16+

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Supplementary outcomes

Written questions reflecting on the use of fluoride in dentistry.

✓ **Your supervisor observes and signs off your practical appointments. Once you've passed all unit quizzes and your RoC meets NEBDN's requirements, you're awarded the NEBDN Certificate in Fluoride Varnish Application.**

How Long Does It Take?

Most learners finish in about 5 months, and the maximum is 6 months. Because the Record of Competence must take at least 3 months, fast-track completion within 4 months is possible if you have good patient access.

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HOW TO APPLY

Applications are open all year round. Here's what happens next.

STEP 1

Submit your online application

Scan the code or visit our website.

STEP 2

We check your eligibility

We confirm your GDC registration, experience, clinic access and supervisor, and answer any questions.

STEP 3

Send your documents and pay your fee

Once you've enrolled, you'll get access to eTrain and your personal tutor, and can start straight away.

Ask your practice

Fluoride varnish skills benefit the whole practice, so some employers contribute to their dental nurses' post-registration training. It's worth asking yours. Want to talk it through first? Book a call with one of our advisers.

Need help or advice?

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Fees and dates are correct at the time of publication (2026) and may change. Please check our website for the latest information.