



# A Practice-Based Research Group Handling Evaluation of a Fluoride-containing Clear Varnish.

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## INTRODUCTION

The purpose of this practice-based evaluation was to assess the handling of a 5% Sodium Fluoride clear mint-flavoured varnish (Clinpro™ White Varnish, 3M™ ESPE™, Seefeld, Germany) by general dental practitioner (GDPs) members of a UK-wide Practice-Based Research Group (P-BRG) the PREP (Product Research and Evaluation by Practitioners) and their hygienists.

The PREP Panel was established in 1993, has presently 32 members and has published 42 papers (12 in peer-reviewed journals) reporting handling evaluations and clinical trials carried out by the Group.

## METHOD

Fifteen GDP members of the PREP panel were chosen at random to receive packs of 50 sachets of the material with full instructions for use over a ten-week period. Also included was a questionnaire designed to evaluate their current fluoride varnish usage, and the presentation, instructions, dispensing, ease of use and patient acceptability of the new material. Most responses were given on visual analogue scale (VAS).

## MATERIAL



Fig 1. Clinpro White Varnish single-use sachet

Each sachet of Clinpro™ White Varnish contains a 0.5ml (50mg Sodium Fluoride) pack of the mint-flavoured varnish, which adheres to moist teeth, and an applicator brush. The dosage is indicated on the sachet (Fig 1).

## RESULTS

### Background Information

Questionnaires were returned by all fifteen GDPs, and six hygienists. 93% (n=14) normally used a fluoride varnish for the treatment of dentinal hypersensitivity, with typical usage in a typical week shown below.

Number of applications	Number of evaluators
<5	5 (33%)
5-10	8 (54%)
>10	2 (13%)

**Ease of use, good results** and long **familiarity** were the main reasons for choice of the currently used fluoride varnish. The main disadvantage of the current material was stated to be the colour by 8 (54%) of the evaluators.

9 (60%) of the evaluators knew the %fluoride concentration of their current varnish.

The **ease of use** of the currently used fluoride varnish (on a VAG (where 1= difficult and 5= easy) was as shown below:



### Evaluation of Clinpro White Varnish

The **presentation** of the material and the **instruction guide** were rated as follows (on a VAS where 1= poor and 5 = excellent);

#### a) Presentation



#### b) Instructions



A total of **421 applications** were made (87% for dentinal hypersensitivity and 13% for caries control of either the whole mouth or individual teeth).

All (100%) of the evaluators stated the **dosage** was easy to determine. All the hygienists (100%) and 93% (n=14) of the GDPs stated that the lack of yellow **colour** was an advantage.

80% (n=12) noted positive comments from patients regarding the **taste** and **smell** of Clinpro White Varnish and the same number experienced no difficulty in its **application**.

The **ease of use** of the new material was rated by the **GDPs** and the **hygienists** as follows (on a VAS where 1= difficult and 5 = easy)

#### a) GDPs



#### b) Hygienists



All 100% of the GDPs and hygienists would recommend the product to colleagues.

## CONCLUSION

The new fluoride varnish was well received in terms of the handling of the material and patient acceptability by both GDPs and hygienists.

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