**Transcript of Year 2 Communication Tutorial**  
January 16, 2024, 4:12 PM

“You are a 2nd year dental student. You have been asked to see this patient (Mrs Amy Thompson) at Guy’s Dental Hospital. This patient has cancelled her previous 3 appointments at short notice. Your task is to start today’s consultation and find out her reason for attending and begin to take this patients’ history.”

**Dentist:** Hi, my name is -------. I am a Year 2 dental student here. I am going to ask you a few questions today. Are you in any pain today? So no problems, no pain, or anything? We won't be doing anything really today. It should just be a quick look. And is this every time you brush it? Anything else regarding any pain when you’re washing your teeth? Would you be happy with me talking? Good!  
**Patient:** Umm yes. Yes, it's um.  
**Dentist:** I'll examine you after the chat, and if at any point you feel uncomfortable, you can let me know and we can stop. Are you taking any medications at the moment?  
**Patient:** Umm.  
**Dentist:** Your notes say that you take an inhaler for asthma? And how do you get this?  
**Patient:** Umm,…… ya!  
**Dentist:** And the inhaler is fine? Do you have it with you today? And anything else? Any problems? Medication you take? Any history of surgeries or anything like that?

Do you have anyone in your family with any sort of dental problems or medical problems that you know of? Do you drink anything? Any alcohol? And would you say you have any alcohol-free days?  
**Patient:** I'm drinking. I'm occasionally.  
**Dentist:** So there are recommended units of alcohol per week, and we recommend that you have at least a few drink-free days per week. So have you ever thought about moving, reducing the amount of alcohol?  
**Patient:** Yes.  
**Dentist:** We can talk to you if you want some support, maybe any sort of help. What do you think would help to reduce that? Is there any particular reason why you feel the need to have a drink every night? So we'll try and work on that, try and reduce that a bit.  
**Patient:** I'm.  
**Dentist:** And how many cigarettes? Smoking can quite strongly reflect on your teeth and general health as well, so it would be best if we try. Would you start? Have you ever considered trying to quit smoking?  
**Patient:** Uh, yes, I mean.  
**Dentist:** And then, do you know you can get the different methods that you could try? Maybe have you tried anything in the past? OK. Well, there are lots of different ways, and I can help you as well to get some advice. Like I said, it would be quite good if you reduce the amount that you're smoking, and I think it could help with good general health as well. So how often do you brush your teeth?  
**Patient:** Ohh! 2 times today.  
**Dentist:** So we recommend that you have fluoride in your toothpaste because that can help to keep your teeth healthy. And if you want help, I can recommend you a cheap place. There are so many options out there.  
**Patient:** Could be a bit confusing to know the right one, yes.  
**Dentist:** Do you use any sort of floss or brushes in between your teeth? OK, so I recommend that you get either simple strips or some interdental brushes, which you can use in between your teeth. Once a day before breakfast and brushing before bed, make sure that every surface is cleaned. Ohh yeah, do you have any allergies? And tell me a bit about your diet. Are you snacking during the day?  
**Patient:** Not really.  
**Dentist:** Tell me a bit about what your general diet looks like in a day.  
**Patient:** It depends really. With my husband just cooking.  
**Dentist:** Do you snack on sweets? Chocolates? We recommend if you are eating some sort of sweet, juice, or anything like that, eat them all in one sitting. Rather than having lots of snacks during the day, make sure it's one time, and not spread throughout the day. OK!  
**Patient:** Right.  
**Dentist:** Would you like us to get the sugary drinks? Are you feeling OK? We can get your sugary drinks and proceed with any treatment today. Feel free for yourself.