



Oxford Health
NHS Foundation Trust



Oxfordshire Community Dental Service

Oral Health Nurse Service

What is the oral health nurse service?

Our oral health practitioners are passionate about oral health education and supporting patients to make informed choices about their oral health, helping to build confidence, and independence.

We work at your pace, using a person-centred approach to reduce anxiety and support positive experiences.

This service is for everyone, including:

- Adults, children and young people
- Individuals with learning disabilities or additional needs
- Anyone who feels anxious or finds dental visits challenging

Person-centred techniques and support

Our oral health nurses use a range of different techniques to meet the individual needs of each patient.

This may include appropriately structured patient led activities to help reduce anxiety and increase familiarity with the dental environment.

Support may involve:

- ✓ Desensitisation and gradual exposure to dental equipment
- ✓ Sensory-aware approaches, adapting light, sound, and touch
- ✓ Use of visual aids, models, or familiar objects to aid understanding
- ✓ Play-based or activity-based techniques adapted appropriately for adults
- ✓ Communication-focused strategies, including simple language and visual prompts
- ✓ Allowing extra time and working at the patient's pace

Preventative oral health support

We can offer:

- ✓ Tailored oral health advice
- ✓ Diet and sugar-intake guidance
- ✓ Support for routines at home
- ✓ Establishing positive daily habits
- ✓ Choosing the right toothpaste and oral health products

Accessibility

An accessible version of this leaflet can be found on our website: www.oxfordhealth.nhs.uk/cds

If you need the information in another language or format, please contact us.

Get in touch

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 Oxfordshire Community Dental Service

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Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971
Email PALS@oxfordhealth.nhs.uk