

## Your Wellbeing During Dental Appointments

This form has been created for people who have experienced trauma or abuse that might make coming to the dentist feel scary or difficult. By filling in this form, we can inform your dentist of any worries, needs or triggers that they need to be aware of. The information on this form is confidential and we will not ask you for details of the traumatic experience or abuse. We will hold this form on file, so your dentist can talk to you about how to best support your wellbeing during your appointments.

When you have completed your form, please hand it in to our receptionist.

**Full Name:** \_\_\_\_\_

**This section is about how coming to visit the dentist makes you feel. You can tick any that are relevant to you.**

<input type="checkbox"/> I feel worried	<input type="checkbox"/> I worry about pain	<input type="checkbox"/> I feel out of control	<input type="checkbox"/> I feel angry
<input type="checkbox"/> I feel sad/upset	<input type="checkbox"/> I am very scared	<input type="checkbox"/> I cannot trust them	<input type="checkbox"/> I feel sick or dizzy

**Other feelings:**

**This section is about any triggers or boundaries you have, that can make you feel very distressed. Triggers can be sights, smells, noises, feelings or experiences that cause memories or feelings from the abuse or trauma in your past. Tick any that are relevant to you. If you think of something that is not listed here, just add it in the box below.**

<input type="checkbox"/> The noise of the equipment	<input type="checkbox"/> People touching me without my consent	<input type="checkbox"/> Being made to lie down	<input type="checkbox"/> Trusting someone with my body
<input type="checkbox"/> Feeling embarrassed or humiliated	<input type="checkbox"/> Not being in control of my body	<input type="checkbox"/> The medical environment	<input type="checkbox"/> Not being able to breathe normally
<input type="checkbox"/> Items or hands in my mouth	<input type="checkbox"/> Not listening when I say 'no' or 'stop'	<input type="checkbox"/> The smell of the dental environment	<input type="checkbox"/> Being in pain

**Other triggers or boundaries:**

**This section is about how your dentist can help you during your appointment. Tick any that you think might help you. If you think of something that is not listed here, just add it in the box below.**

<input type="checkbox"/> Ask me for my consent before touching me	<input type="checkbox"/> Explain what you are doing before you do it	<input type="checkbox"/> Give me regular breaks during treatment	<input type="checkbox"/> Establish a system/sign so I can tell you to stop
<input type="checkbox"/> Adjust my seating position	<input type="checkbox"/> Offer me pain relief for minor procedures	<input type="checkbox"/> Talk to me about what I need from you	<input type="checkbox"/> Listen to me when I tell you to stop

**Other ways we can help you:**

**Use this space to tell us about anything else that can help us to provide a better service and to care for you during your dental appointments.**

**Thank you for completing this form. Before you hand it in, why not read some information below?**

1 in 5 British adults have been abused in childhood and 1 in 3 British adults will experience mental health issues or trauma responses in their lifetime. It is also very common to fear the dentist, with 1 in 10 British adults having a fear of the dentist strong enough to be considered a dental phobia.

However, lots of people are also affected by healthcare appointments because they may remind us or trigger us back to memories or feelings of abuse and trauma. Sometimes this is because there is something in the environment (the sights, smells, sounds of the dental surgery) and sometimes its because coming to the dentist replicates feelings we had during the trauma or abuse (feeling out of control, feeling violated, feeling ignored when we asked someone to stop, feelings of being in pain).

When we are very scared of something, or we are triggered back to a traumatic memory or feeling, we can experience a range of symptoms and emotions. Everyone is different, and every trauma response is unique, depending on our own traumatic experience or the abuse. An example of a trauma response might include panic attacks, flashbacks, nightmares, feeling out of breath, becoming dizzy, becoming angry, becoming very scared, feeling our heart speed up, sweating or our body temperature changing (too hot/too cold).

Here at our dental surgery, we are exploring ways to continually improve the way we support people who have histories of trauma or abuse, so that our service or our treatments do not make patients feel more distressed.

Please talk to us if your dental appointments are distressing, to see what we can do to support you. You do not need to tell us any details about the trauma or abuse.

Thank you for reading.