

Public Health Dentistry and Prevention Overview



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Public Health Dentistry

- Doing the most good for the greatest number of people.
- The entire community is your patient because you are trying to improve the oral health of the entire community.
- We have to find ways to improve oral health among both dental clinic users and nonusers.



In the Community

- Medical and Community Health Staff Training
- School-based fluoride, sealant, and xylitol programs
- Water Fluoridation
- ECC Programs



IHS Levels of Care

- Level I Emergency Oral Health Services
- Level II Preventive Oral Health Services
- Level III Basic Oral Health Services
- Level IV Basic Rehabilitation OH Services
- Level V Complex Rehabilitation OH Services
- Level IX Exclusions

ADA: Choosing Wisely Campaign

- Don't recommend non-fluoride toothpaste for infants and children.
- Avoid restorative treatment as a first line of treatment in incipient occlusal caries without first considering sealant use.
- Avoid protective stabilization, sedation or GA in pediatric patients without consideration of all options with the legal guardian.
- Avoid routinely using irreversible surgical procedures such as braces, occlusal equilibration and restorations as the first treatment of choice in the management of TMJ disorders.
- Don't replace restorations just because they are old.

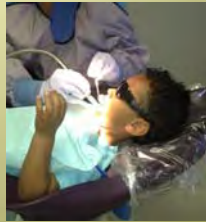
More Buckets?

Prevention IS the key to Improved Oral Health

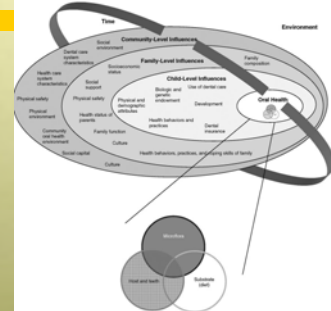


More treatment is NOT the only answer!

- Treatment alone does NOT reduce the bacterial levels nor stop the process of dental caries.



Dental Caries is a “Complex Disease”



A Complex Disease calls for Multiple Interventions



- Assess caries risk status: Use a sharp eye, a blunt explorer, and interviewing skills.
- Treat the disease by remineralizing tooth surfaces and controlling infection. White spot lesions can be reversed!
- Use minimally invasive dentistry whenever possible.

Multiple Interventions



- Silver diamine fluoride
- Fluoride: (systemic and topical)
- Sealants
- Diet
- Oral Hygiene
- What's on the horizon?

Fluorides

- Water fluoridation
- Professionally applied fluoride varnishes: 3-4 times a year
- Self-applied mouthrinses and toothpastes: daily



Fluoride Toothpaste

- Recommend fluoride toothpaste at every visit.
- The recommended amount is a “rice-size” dab or a swipe across the width of the brush for babies and a “pea-size” dab for older children.
- 2x is better than 1X a day and no rinsing is best©



Oral Hygiene Instruction and Toothbrush Prophylaxis:



- Disclose plaque and have patient brush
- Provide OHI to child and/or parents until all plaque is removed. Stress self-assessment.
- OHI should be consistent and individualized
- Remove calculus and polish selectively
- Floss



EVERYONE should brush twice daily with fluoride toothpaste!



Silver Diamine Fluoride

- SDF was approved by the FDA for sensitivity but can be used off label for caries arrest
- Product is Advantage Arrest
- ODA passed a resolution allowing DAs and RDHs to apply SDF
- Stay Tuned!

Seal out Decay!

- 100% reduction in pit and fissure caries if sealant is retained without leakage.
- 80-100% retention after 2 years, 55-66% up to 7 years.



Unprotected - Protected

More on Sealants: CDC Recommendations



- Toothbrush prophylaxis with a dry brush increases retention.
- Losing a sealant does not increase caries, unless you have opened the grooves. Avoid opening the grooves.
- Seal until frank cavitation exists. Use visual assessment, dull explorers, and air. Seal questionable caries.

More on Sealants



- Consider primary and permanent teeth.
- Ideally, patients should be on a preventive fluoride program.
- Use a 4-handed technique if possible.
- Code 1351 unless you are into the dentin.
Code 0007: "all sealed up", at least one molar sealant and none needed

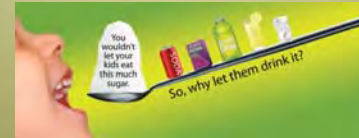
Dietary Counseling

- Limit intake and number of exposures to dietary sugars and highly refined carbohydrates.
- Counsel with an awareness of diabetes and obesity issues.



Sweetened Drinks!

- A 12 ounce can of pop has 12 tsp of sugar (1/4 cup). A big gulp has 5 cans of pop in it.
- Health effects include obesity, tooth decay, caffeine dependence, and weakened bones.



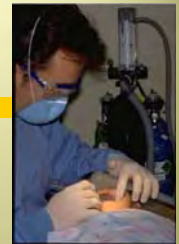
Portland Area Baby Teeth Matter Program

- Increase Access for 0-5 year olds
- Decrease referrals to pediatric dentists



Cost of Treating ECC

- IHS has estimated that it costs \$8,000 or more if treated under general anesthesia.
- New FDA warning
- 40-50% of children treated with severe ECC have new decay within 4-12 months.



Preventing ECC: What Works?

- Dedicated case manager
- Open Access
- Medical, WIC, Head Start, Daycare collaborations
- Paradigm Shift: Minimally Invasive Dentistry
- Policy Changes



Caries Stabilization

- Take the online course.
- Incorporate glass ionomer sealants and fillings and silver diamine fluoride into your dental program.
- Keep in mind that your attitude will set the stage for adoption of ITR.



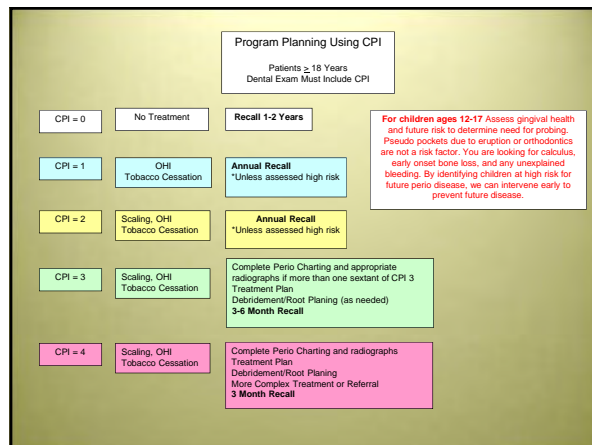
Young Children: Tips from the Field

- Variations on the knee to knee technique
- Distraction is key and keep your cool!
- Building this relationship early on makes for a more cooperative 3-4 year old dental patient.



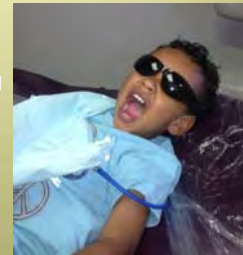
Periodontal Disease Prevention

- Screen using CPI
- Ask about tobacco
- Ask about diabetes
- Recall based on potential for improvement



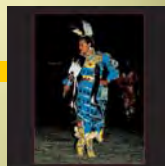
In the Clinic: Individualized Prevention Planning

Document an individualized
Prevention Plan
for each patient



Individualized Recall

- Based on individual risk for future disease.
- Based on patient compliance.
- Based on dental clinic patient load and resources.



Effective Health Education

- Small Steps
- Positive Reinforcement
- Interactive and Individualized Strategies (Motivational Interviewing)
- Repeated and Consistent Messages from dental staff, medical staff, and community partners



Teamwork



- It is critical that ALL dental staff are trained to deliver consistent, repeated oral health promotion messages.

GPRA Objectives

- Dental Access
- Topical Fluoride
- Sealants



www.ihs.gov/doh

Healthy Smiles, Healthy Families

"People don't care what you know
until they know that you care"

