

Oral Health Training

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What do you already know?



What age should brushing teeth begin?



As soon as teeth erupt in the mouth brush them twice daily with a fluoridated toothpaste

Why do we recommend not to rinse after brushing teeth?



Spit out after brushing and do not rinse, to maintain fluoride concentration levels

Until what age do you need to supervise toothbrushing for children?



Children need to be helped or supervised by an adult when brushing until at least seven years of age

To help reduce tooth decay
when is the best time to eat
sugary foods and drinks?



When do we advise a child first visits the dentist?



All parents and guardians are advised to ensure that young children in their care are taken to see a dentist as soon as their first teeth come through, and before their first birthday.

What is the aim for today?

To understand importance of oral care, techniques for assisting others with oral care and how to try and overcome barriers you may face

Oral health is everyone's business.

In reality no one agency can take sole responsibility in addressing the oral health challenges of today, but together we can do more.



What are the benefits of a healthy mouth

- More comfortable mouth, more comfortable child
- Reduced risk of bacterial endocarditis
- Reduce the risk of having dental treatment under a general anesthetic
- Reduced risk of halitosis (bad breath)
- More socially acceptable
- Maintain personal appearance

Impact of Poor Oral Health

Pain/infection

Distress

Self confidence

Self esteem

Phobia

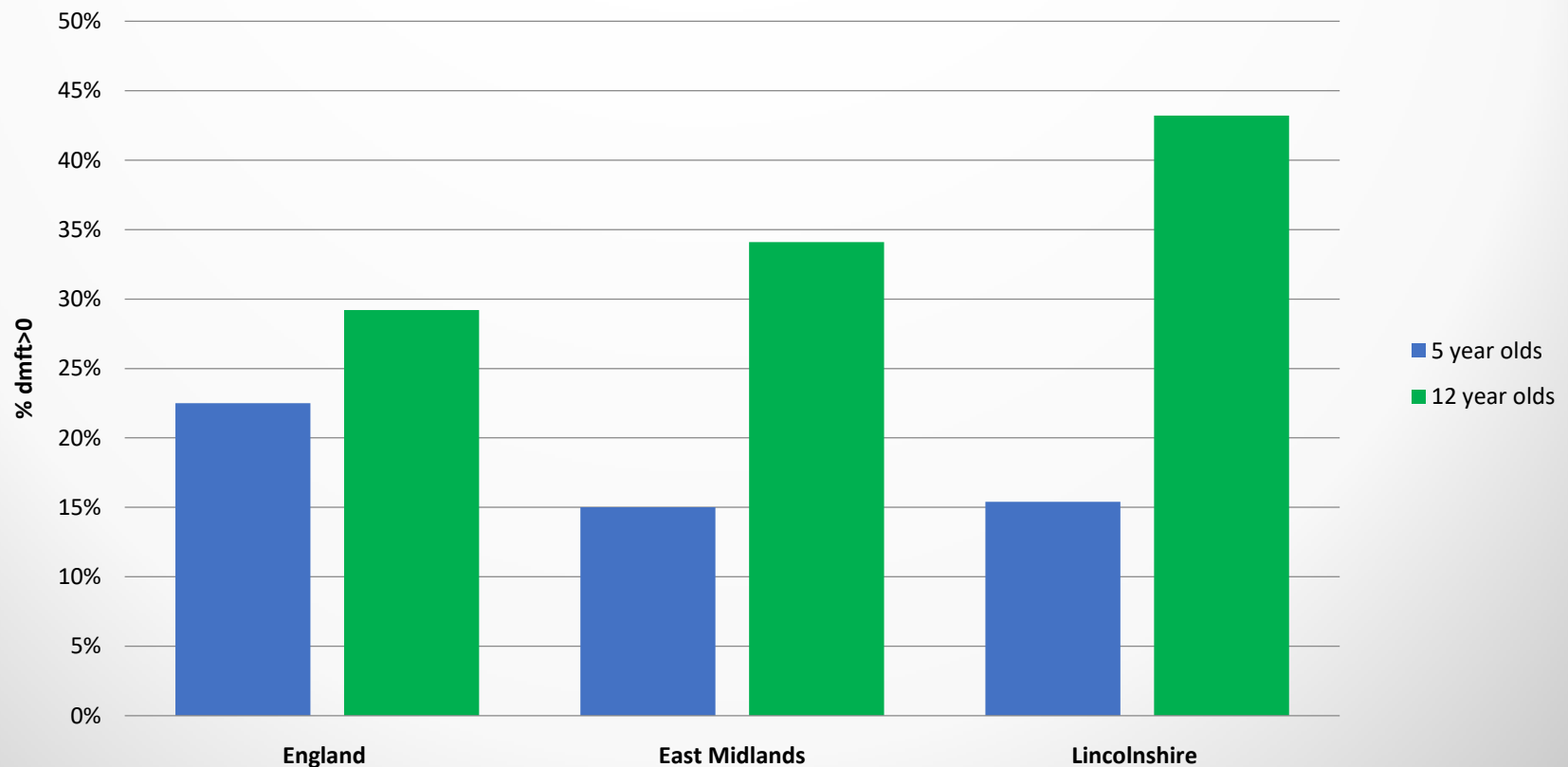
Fear of dental treatment

School readiness – attainment

GA – time off school/nursery

Loss of work for parents/carers

Percentage of five-year-old children attending special support schools with decay experience, 2014

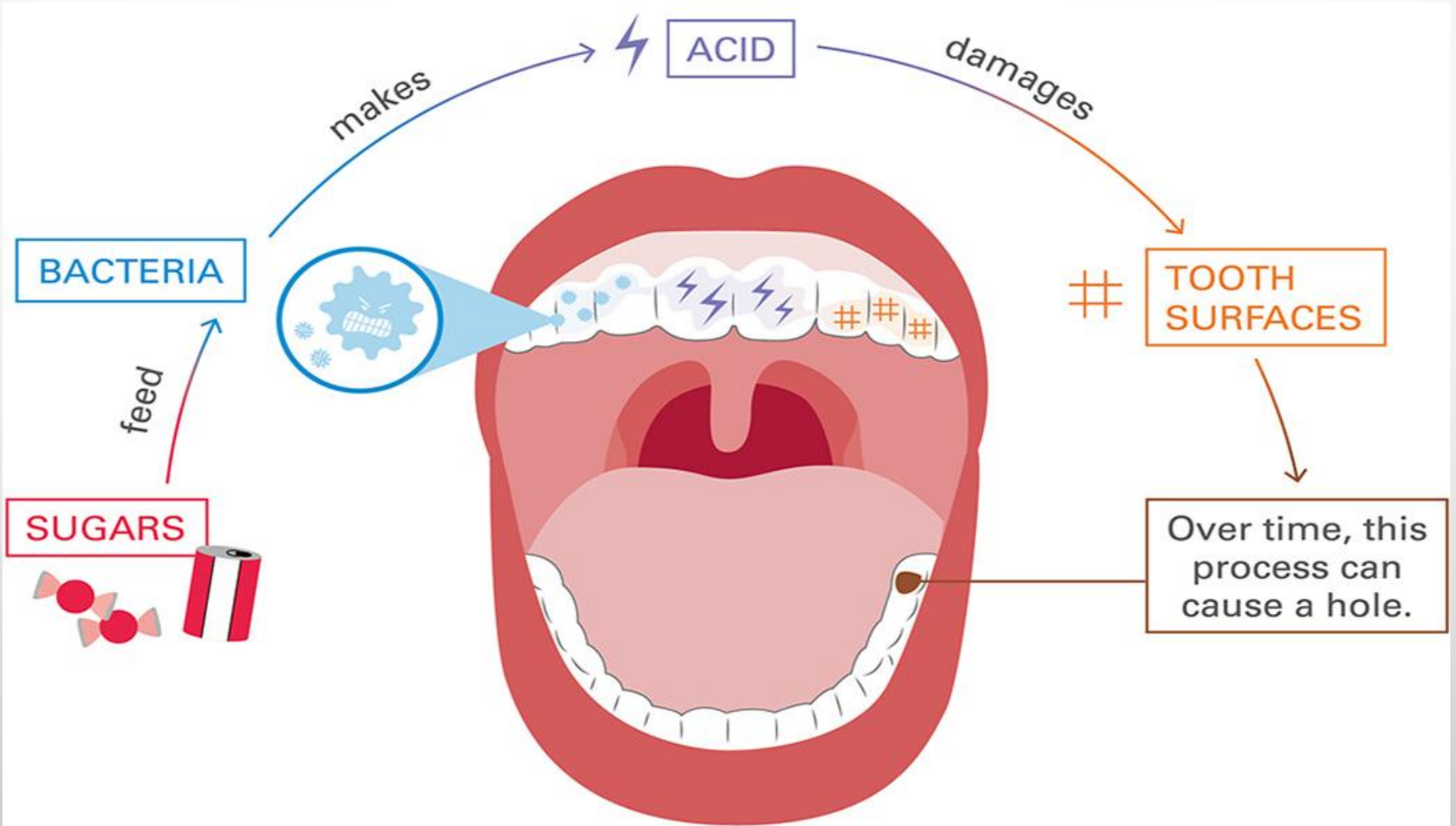


Dental Public Health Epidemiology Programme for England, Oral Health Survey of five-year-old children attending special support schools 2014, upper tier local authority (LA)

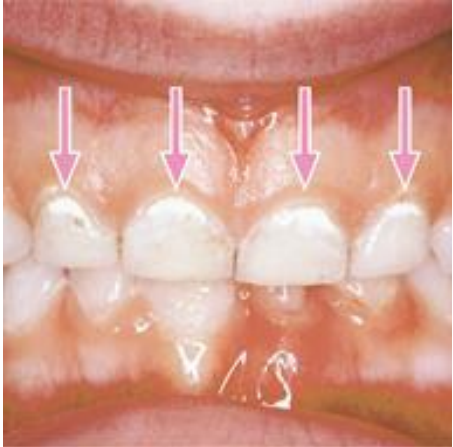
Oral Disease's



Tooth decay



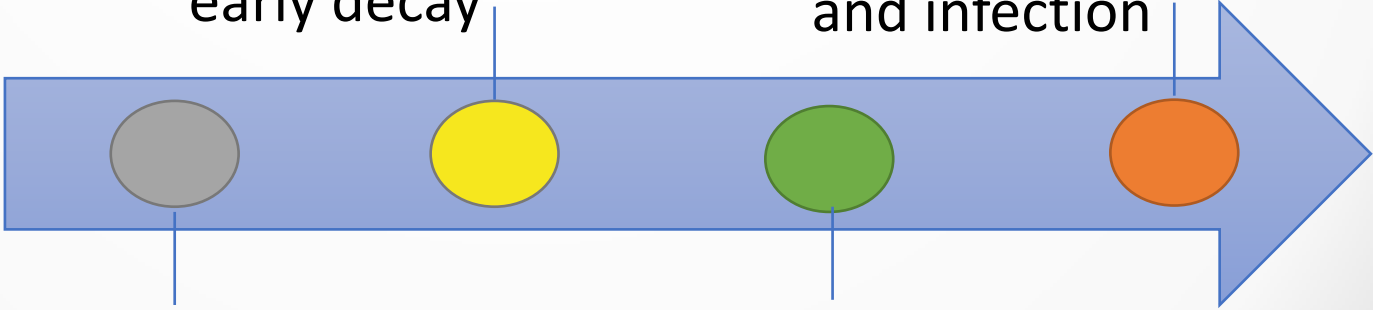
Early and progressive decay



White spot lesions:
early decay



Advanced decay
and infection



Healthy teeth



Brown spots



Key prevention messages



- Brush twice a day with a fluoride toothpaste – most importantly last thing at night
- Reduce amount and frequency of sugary foods and drinks
- Visit dentist regularly – as often as they recommend

Barriers and Solutions?

Accessing dental services

What can your NHS dentist do for you?

NHS

The NHS provides essential treatments needed to keep your mouth, teeth and gums healthy and free of pain. Any treatment that is clinically necessary should be available. Here is some advice and details of the treatments and costs, giving you the knowledge to smile with confidence.

Finding a dentist
www.nhs.uk/dentists



Visiting your dentist during the COVID-19 pandemic

• Please only visit your practice if you have an appointment and book an appointment only if essential – dentists are currently prioritising the vulnerable or those with the most urgent need.

- Appointments for some routine treatments, such as dental check-ups, may have to be rescheduled for a later date.
- Your practice will look a little different than usual as they will be operating in a way that observes COVID-19 social distancing and hygiene rules to ensure everyone's safety.

Your first routine visit

• The dental practice will take your medical and dental history (if available) and carry out a check up; examining your mouth, teeth and gums.

• Following your check up if your dentist recommends dental treatment, you'll be given a plan. This outlines all the treatments you are having and how much they will cost. If you are not given a treatment plan, ask for one.

• Your dentist will recommend a date for your next visit. People with good oral health may need to attend once every 12 to 24 months, but those with more problems may need to visit more often.



Emergency dental care

- Anyone who needs emergency dental care should first call their dental practice.
- If you cannot contact your dentist or do not have one, patients are advised to use the NHS 111 online service: www.111.nhs.uk

- Special Care Dental Service
- General dental practices – NHS choices
- Costs – Band 1,2,3
- Exemptions
- Domiciliary visits
- Private dental care

Summary

- To be able to recognise sign and symptoms of oral diseases ✓
- To understand the implications of poor oral health on a person's general health ✓
- Have the confidence and knowledge to support individuals with their individual oral health needs ✓
- How to access dental services ✓

Useful Links



- www.communitydentalservices.co.uk
- <https://www.autism.org.uk/about/health/dentists.aspx>
- <https://www.bspd.co.uk/>
- <https://www.bsdh.org/>

Guidance Documents

Oral care and people with learning disabilities

<https://www.gov.uk/government/publications/oral-care-and-people-with-learning-disabilities>

- Delivering Better Oral Health: Department of Health, (2014). An evidence-based toolkit for prevention. 3rd Edition. London: Department of Health.

Useful Resources

<https://oralieve-direct.co.uk/>

<https://www.ris.healthcare/>

<http://www.dentocare.co.uk/>

www.amsinternational.net



Thank you!

Any Questions?



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www.communitydentalservices.co.uk