Workshop on caries prevention for communities in the Region of the Americas Taller de prevención de caries para comunidades en la Región de las Américas

Community Workshop Agenda

Day One	<u>Time</u>
Welcome, Overview, and Introductions	60 minutes
Module 1: The Caries Balance	60 minutes
Module 2: Caries Risk Analysis for Individuals and Groups	60 minutes
Lunch	
Module 3: Oral Health Screening and Fluoride Varnish for Infants and Toddlers	120 minutes
Module 4: Effective Health Education and Community Oral Health Messages	60 minutes
<u>Day Two</u>	
Module 5: Systemic Fluoride Interventions	60 minutes
Module 6: Topical Fluoride Interventions	30 minutes
Module 7: Effectiveness of ART(PRAT) in a Prevention Program	60 minutes
Lunch	
Module 8: Infection Control	60 minutes
Module 9: Working with Infants and Children	120 minutes
Day Three	
Module 10: Presentation and Discussion of Community-Based Oral Health Plan	60 minutes
Group Exercise #1: Roles and Responsibilities	60 minutes
Group Exercise #2: Community Oral Health Messages	60 minutes
Lunch	
Module 11: Creating Sustainable Systems	60 minutes
Review of Community Workshop Learning Objectives	60 minutes
Closing Exercise and Evaluation	60 minutes

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Community Workshop Evaluation

Please take a moment to let us know if the Community Workshop met your expectations and fulfilled your learning needs. Please circle your response to the following questions.

5= Strongly Agree 1= Do Not Agree

- 5 4 3 2 1 The instructors were well prepared and adequately presented the subject matter.
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Suggestions to improve this session:

Additional comments:

Community Workshop Learning Objectives

Overall Goal

Participants will receive training to understand the process of dental caries and best practices to prevent dental caries, with a focus on oral health screening and fluoride varnish for infants and young children, and the promotion of fluoride toothpaste beginning with eruption of the first primary tooth. Furthermore, participants will work together to implement a community-based oral health plan.

After completing this workshop, participants will be able to:

- 1. Identify pathological and protective factors for dental caries.
- 2. List best practices for caries prevention specific to different age groups.
- 3. Describe a caries risk analysis for individuals and groups.
- 4. Perform an oral health screening and fluoride varnish application for infants and toddlers using the principles of infection control.
- 5. Describe the effectiveness of systemic fluoride and list ways to promote salt fluoride use in Central America.
- 6. Describe the effectiveness of fluoride toothpaste and fluoride varnish and list ways to promote their use in Central America.
- 7. Explain appropriate protocols for application of fluoride varnish and PRAT for each age group.
- 8. Describe ways to improve the effectiveness of oral health education.
- 9. Discuss the community-based oral health plan that has been agreed upon for your community and list ways to become involved in the prevention of dental caries.
- 10. Describe your role in the evaluation and sustainability of the community-based oral health plan that has been chosen for your community.

Fluoride Varnish Application: 7 Steps for Community Workers

1. Get Ready

Set out a paper towel with a child's toothbrush, gauze squares, fluoride varnish, and exam gloves.

2. Greet the Child and Interview the Parents

Ask the following questions:

- Have you started cleaning your child's teeth with a fluoride toothpaste?
- Have you taken your child to a dentist yet? When was the last visit?
- Have you or any of your other children had many cavities?
- Does your child take a bottle or sippy cup to bed at night or frequently walk around with a bottle or sippy cup throughout the day?
- How often does your child snack throughout the day? On what?

Note: As the family answers the questions, you can educate the family.

Note: If you are providing fluoride varnish in a daycare or school setting where the family is not present, you will omit this step.

3. Position the child

Babies: Assume the knee-to-knee position with the child sitting in the parent's or another person's lap and lowering the child's head onto your lap.

3 and older: The child can stand or sit in front of you.

4. Brush the Teeth and Provide an Oral Health Screening

Demonstrate how to brush a child's teeth, showing the caregiver how to do the same at home. This is a good time to remind the family about the importance of using fluoride toothpaste daily.

"Count" the child's teeth aloud, using the toothbrush to keep the mouth propped open and to avoid getting bit. Assess the child's oral condition, looking for chalky white spots, obvious tooth decay, or tooth defects.

5. Apply Fluoride Varnish

Provide fluoride varnish if the child is at high risk for tooth decay. Apply the varnish to all surfaces of all of the teeth.

6. Summarize and Follow-up

If the family is present, discuss your findings and recommendations for follow-up and home care.

Note: In a daycare or school setting, you will need a system for referring children who have dental caries to a dental health professional for treatment.



Tips for Managing Child Behavior

Voice Control

Use a soft voice, pleasant tone, and speak slowly to influence and direct the patient's behavior.

Nonverbal Communication

This includes the use of appropriate touching, paying attention to your own body language, and using pleasant facial expressions.

Tell-show-do

This involves verbal explanations of what you plan to do, demonstrations of the noise, smells, visual, and tactile aspects of what is coming next, and then proceeding, trying not to deviate from the explanation and demonstration.

Positive Reinforcement

Give positive feedback at each step to reward desired behaviors. Assist children in reaching their full potential by catching them doing something right.

Distraction

This is the use of toys, other props, and staff, having them distract the child with talk, or even silliness, while you work.



"Behavior management is as much an art form as it is a science."

Adapted from "Clinical Guideline on Behavior Management", Clinical Affairs Committee, American Academy of Pediatric Dentistry

Infection Control for Fluoride Varnish Application

Supplies Needed

- Paper towels
- Alcohol hand rub
- Gloves
- 2x2 gauze
- Fluoride varnish with applicator
- Child-size toothbrush

Set-Up

- 1. Clean hands with hand rub or soap and water.
- 2. Place paper towel on work surface.
- 3. Set out toothpaste, 2x2 gauze, fluoride varnish with applicator, and gloves on paper towel.

Application

- 1. Clean hands with hand rub or soap and water.
- 2. Put on gloves.
- 3. Open fluoride varnish package and place varnish on applicator.
- 4. Dry teeth with gauze and paint varnish on all surfaces of the teeth.
- 5. Give the child the toothbrush.

Clean-Up

- 1. Wrap used items in paper towel, and dispose in trash.
- 2. Take off gloves and dispose in trash.
- 3. Clean hands with hand rub or soap and water.

Name of Community:	
Oral Health Intervention:	

List the Next Steps that need to be accomplished before you can fully implement your oral health interventions.

- Do you need funding? How much? Where will it come from?
- Do you need to purchase items like gloves, fluoride varnish, etc.?
- Do you need to contact school administrators or other community leaders?
- Are you planning to promote oral health messages in your community? How will you do this and who you need to contact?

Decide what needs to be done and start listing it on "Next Steps" chart, along with the name of the person who will do this and when it will be done.

Next Steps

What needs to be done?	Who will do it?	When will it be done?

Community Oral Health Messages

Brainstorm a list of oral health messages that you would like to promote in your community.

Effective oral health messages are easy to understand and only provide one or two messages at a time. These messages can be catchy, funny; whatever you think will work to get people's attention.

Example: To promote oral health assessments and fluoride varnish for babies, Indian Health Service had a slogan called "Two is Too Late." This is catchy, and it stresses the message that we need to implement prevention interventions with babies before the age of two.

Community Oral Health Messages

List all of your ideas from everyone in your group for community oral health messages. After you have about 10 messages, go back through the list and vote on your favorites. You will be asked to present your 3 best messages to the full group.

1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Next Steps

Using only your three favorite messages, write down how it might be used, what the "next step" might be, and who might be willing to do it.

Message 1:			
How it might be used	Next Steps	Who	
Message 2:			
			
How it might be used	Next Steps	Who	
Message 3:			
How it might be used	Next Steps	Who	
· ·	•		

Sustainability Worksheet

1.	What about this program would attract interest and gain community support?
2.	What could we do to preserve the purpose, spirit and, ideals of the program?
3.	If this program were successful a. Whose problems would it alleviate? b. Whose mission would be advanced? c. Who would have a vested interest in seeing it continue?
4.	What data could be collected and shared to promote sustainability? How could you do this, and with whom would you share the information?

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