

Module 6: Topical Fluoride Interventions

Time: 30 minutes



Learning Objective:

Describe the effectiveness of fluoride toothpaste and fluoride varnish and list ways to promote their use in Central America.

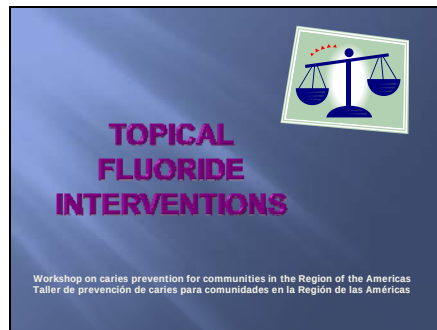
Additional Materials Needed:

- Flipchart and markers
- PowerPoint presentation
- PowerPoint handout

Now that you've learned more about systemic fluoride, we're going to talk a little more about topical fluorides, especially the use of fluoride toothpaste and fluoride varnish.

Turn on projector.

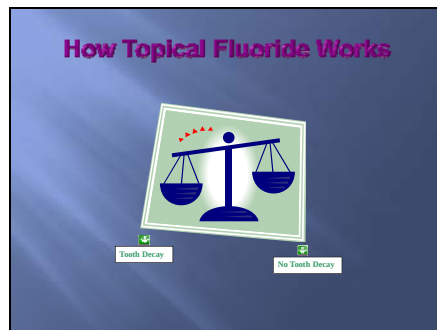
Slide 1



Remember how we talked earlier about tooth decay and the caries balance between pathological factors (what causes the disease) and protective factors (what prevents the disease)?

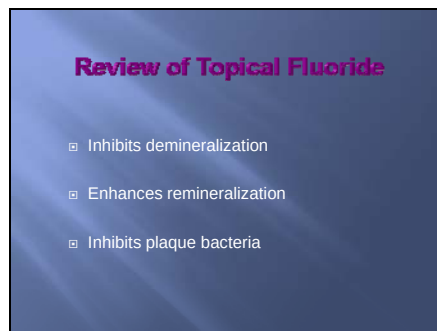
Topical fluoride is one of the tools we have to balance the scale in favor of protective factors to prevent cavities.

Slide 2



Let's talk a bit more about the caries balance? It is an ongoing balance between demineralization that causes cavities and remineralization that heals cavities. Topical fluoride helps tip the scale towards remineralization, but it needs to be used on a regular basis to do its job.

Slide 3



Fluoride is a key factor in the prevention and reduction of tooth decay. Fluoride works by inhibiting demineralization, enhancing remineralization, and inhibiting plaque bacteria. In other words, it works in many different ways to prevent cavities!

Slide 4

Topical Fluoride Interventions

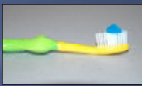
- ❑ Promote daily use of fluoride toothpaste.
- ❑ Fluoride varnish applications for infants and children.

We are going to focus on two kinds of topical fluoride interventions in our communities. The first is the daily use of fluoride toothpaste and the second is fluoride varnish applications.

Slide 5

Community-Based Fluoride Toothpaste Interventions

- ❑ Encourage daily use for babies, children, and adults! Use posters, news articles, radio, and any other available media to promote this message to families in your community.
- ❑ Promote daily brushing with fluoride toothpaste in daycares and schools.



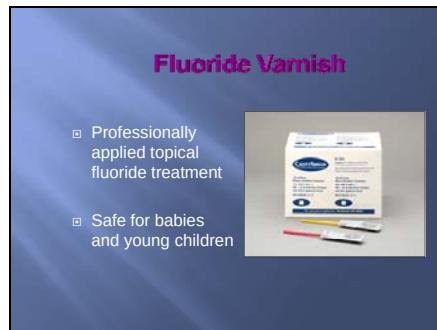
Something we can do community-wide is to promote the daily use of fluoride toothpaste for everyone, regardless of age. We can do that through the use of media like newspapers, radio, posters, and any other ways we can think up together. We'll practice developing community oral health messages later in the workshop.

We can also focus on babies and young children to promote daily brushing with fluoride toothpaste in daycare centers and schools.

Question

Can you think of other ways to promote the use of fluoride toothpaste in your community?

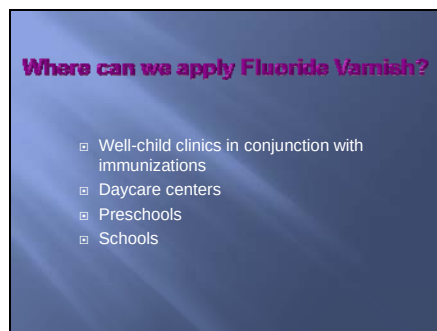
Slide 6



We will be focusing on the application of fluoride varnish for infants. Ideally, we want to provide 4 fluoride varnish treatments between the ages of 9-24 months. In addition, children of all ages who are at high risk for dental cavities, will benefit from 3-4 topical fluoride varnish treatments a year.

Our job will be to find ways to assure that babies and young children at high risk for dental caries receive topical fluoride varnish treatments several times a year.

Slide 7



(read slide)

Question

Can you think of other places that we might apply fluoride varnish? How can we be sure to reach all of the infants in our community?

Slide 8



This is a simple chart outlining ideas to promote topical fluoride in our communities by listing who might be involved, what we can do, and where it might be done?

Question

Can you think of other things to add to this chart?

Slide 9

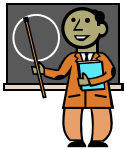


We'll be working more with all of these ideas for interventions later in the Community Workshop.

Turn off projecto.r

Brainstorming Session

Write a similar chart on newsprint and brainstorm other ideas about “Who, What, Where” could be done in your communities.



Training Tip: Write down everything, whether you agree with it or not. Later, when you present your Oral Health Plan, you can talk about how it meshes with these ideas.