

Community Dental Health
Spring 2015

JEN HELLING, GRACE
SCHROEDER, & JENOA ASHCRAFT



COMMUNITY PROJECTS

- ❖ Oral Health for Head Start Aged Children
- ❖ Birth to Five: Oral Health for Mamas and their Babies
- ❖ Oral Health Care for the Elderly

ORAL HEALTH FOR HEAD START AGED CHILDREN

- Project Leader: Grace Schroeder
- Target group: Head Start children, ages 3 to 5 years
- Basic age-appropriate overview of the importance of toothbrushing in relation to “sugar bugs,” cavities, and “sore gums” with toothbrushing demonstration and practice time. Plaque indices were taken to assess future needs.
- Oakridge Head Start - Oakridge, Oregon

“HEAD START” - THE PRESENTATION



Grace demonstrating proper brushing technique to get rid of “sugar bugs”



Our enthusiastic participants

“HEAD START” - PRACTICING NEW SKILLS



Each child got a turn brushing Mr. Molar's (the dragon) teeth.

“HEAD START” - GATHERING INFORMATION



Jenoa examines each child's teeth for traces of disclosing solution



Jen records the individual plaque indices

“HEAD START” - LESSON PLAN

Lesson Plan Title: Oral Health for Head Start-Aged Children

Group to Teach: Oakridge Head Start enrollees, ages 3-5

General Goal(s): Oral health and home care habits

Specific Objectives: Demonstrate proper brushing technique, and describe the benefits of oral health.

Required Materials: Disclosing tabs, mirrors, paper cups (one with water, one empty), puppet with typodont, toothbrushes, toothpaste, plaque index sheets, A Healthy Smile for Your Child: Tips to Keep Your Child Healthy handout to take home to parent, Tooth stickers, gloves, disposable mirrors, face masks. Coloring page to “defeat monster mouth”

“HEAD START” - LESSON PLAN

Step-by-step Procedures for Presentation:

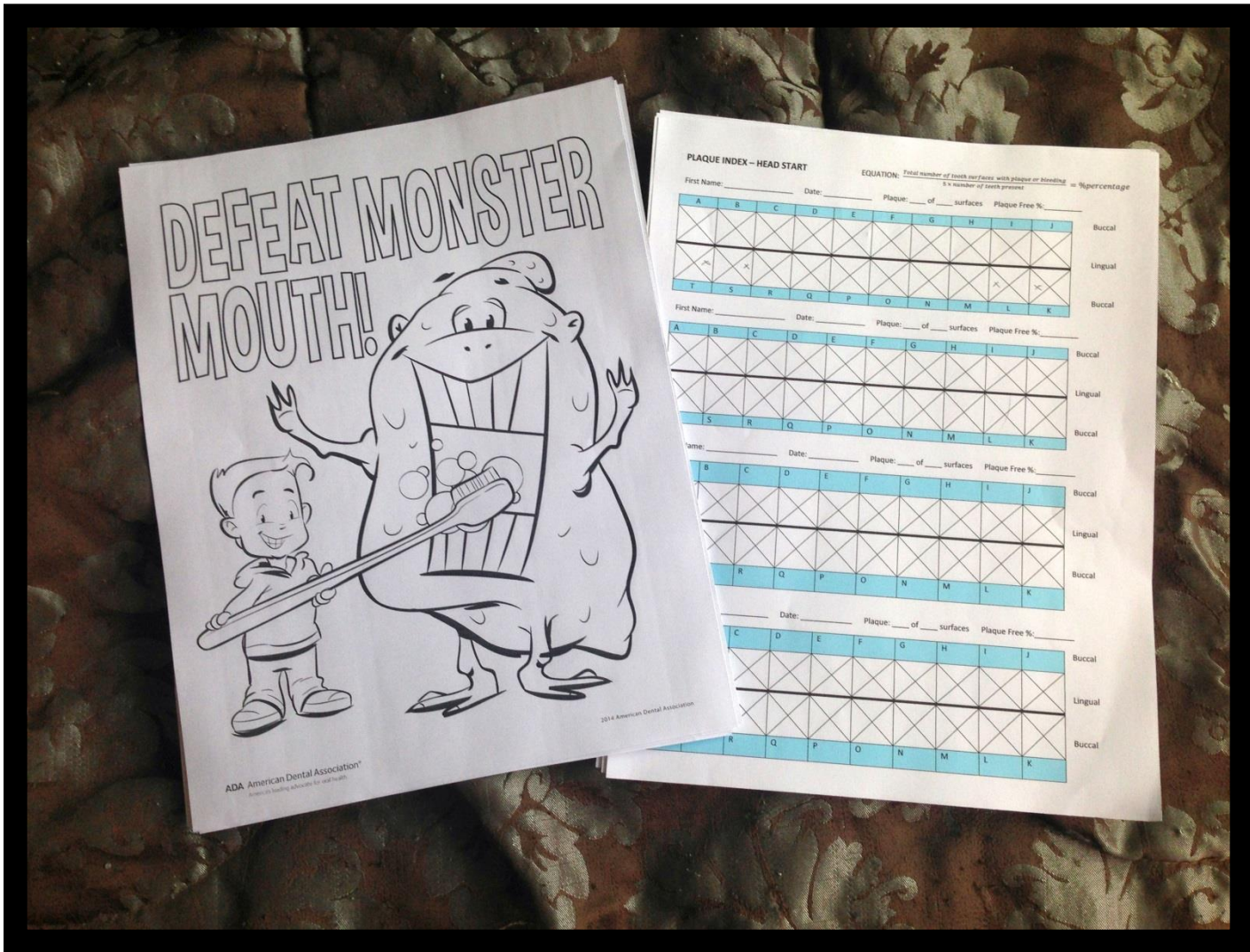
1. Introduction - Introduce ourselves, and describe our profession. Briefly go over disease process using age related terms. (5-10 min)
2. Hand out supplies and visual aids.
3. Have students chew disclosing tabs and spit into cups.
4. Have students look in mirror, explain plaque and “sugar bugs.” This will be accomplished while also recording individual plaque indices. (10 min)
5. Hand out toothbrushes and instruct them on proper brushing techniques using a puppet. (10 min.)
6. Have students individually demonstrate how they brush and ensure they have removed the plaque. Receive a sticker when brushing is complete. (10 min.)
7. Informal Closing - Provide last words of praise and encouragement for good oral health.

“HEAD START” - VISUAL AIDS

Take home bags were prepared with toothbrushes, toothpaste, flossers, A Healthy Smile for Your Child: Tips to Keep Your Child Healthy pamphlet, and tooth stickers



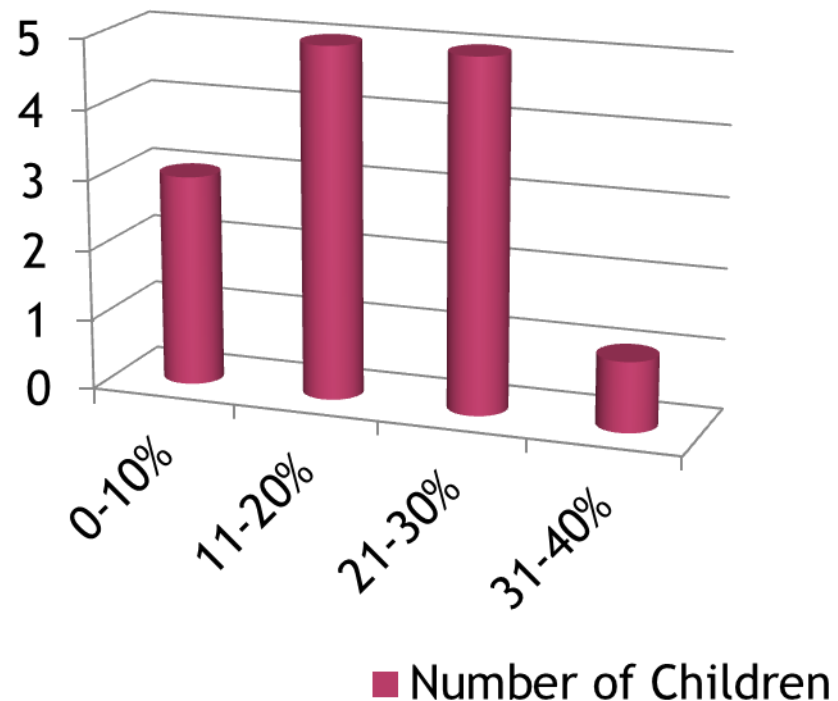
“HEAD START” - PLAQUE INDEX AND COLORING SHEET



“HEAD START” - DATA FROM INDEX

14 children were assessed after chewing disclosing tablets. Plaque free scores were based on a possible 80 tooth surfaces per child. These surfaces included the mesial, distal, facial, and lingual of all 20 primary teeth. Plaque free scores ranged from 0% to 39% with a mean of 19%.

Percent Plaque Free



Teresa

Oakridge Head Start Presentation - Evaluation

Presenters: Grace Schroeder, Jenoa Ashcraft, Jen Helling

Please complete this form and return

1. The presentation content was appropriate for this age group. Y/N

Comments: *Very well done!*

2. Length of the presentation was adequate. Y/N

3. Do you feel this was an effective presentation? Why or why not?

Yes it was effective, very age appropriate for our class

4. If the course was repeated, what should be left out or changed?

5. Would Head Start be interested in having more presentations in the future?

Sure

Overall I would rate this presentation and its content as:

Excellent

Good

Average

Poor

Other learning needs: (List any other topics you would be interested in for the future)

“HEAD START” - EVALUATION #1

Evaluation by Teresa
Jackson, Oakridge Head
Start Teacher

“HEAD START” - EVALUATION #2

Evaluation by Susan Davis,
Oakridge Head Start Teacher

Susan

Oakridge Head Start Presentation - Evaluation

Presenters: Grace Schroeder, Jenoa Ashcraft, Jen Helling

Please complete this form and return

1. The presentation content was appropriate for this age group. Y N

Comments: *Very much so!*

2. Length of the presentation was adequate. Y N

3. Do you feel this was an effective presentation? Why or why not?

yes - because the children talked about it days later!

4. If the course was repeated, what should be left out or changed?

*It was very appropriate for our age group
3-5 year olds*

5. Would Head Start be interested in having more presentations in the future?

yes - next year

Overall I would rate this presentation and its content as:

Excellent

Good

Average

Poor

Other learning needs: (List any other topics you would be interested in for the future)

“HEAD START” - REFLECTION

From the feedback we received from the teachers at Oakridge Head Start, we determined that our presentation was of appropriate length and content for the target group (ages 3-5), was effective in making a lasting impression (as indicated by children revisiting the subject several days later), and that they would like to have another group from our program present to next year's class. Both teachers rated our presentation as “excellent.”

We agree that it was an effective presentation. The children were engaged through the entire session and there was no down time. They showed an eagerness to both learn and participate in all activities. The children demonstrated an understanding of the concepts discussed by participating in informal oral quizzes. For each question, almost all hands were raised. We were very impressed with this group of children.

“HEAD START” - REFLECTION

We admittedly had to deviate from our original lesson plan as the children would not be able to brush their teeth during our presentation. Though this was somewhat disconcerting, the modified lesson plan was effective. If we were to do it again, the modified plan would be our choice of presentation to implement. The following represents the step-by-step procedures of our actual presentation:

1. Introduction - Introduce ourselves, and describe our profession. Briefly go over disease process using age related terms. (5-10 min)
2. Have students chew disclosing tabs and spit into cups.
3. Have students look in mirror, explain plaque and “sugar bugs.” (5 min)
4. Instruction on proper brushing techniques using a puppet. (10 min.)
5. Have students individually demonstrate how they brush on the puppet. When finished with the puppet, each child will go to the back of the classroom to have plaque index recorded to assess future needs. Receive coloring page for a job well done. (10 min.)
6. Informal Closing - Provide last words of praise and encouragement for good oral health. Hand out homecare bags.

BIRTH TO FIVE: ORAL HEALTH FOR MAMAS AND THEIR BABIES

- ◉ Project Leader: Jenoa Ashcraft
- ◉ Target group: Parents with young children, birth to five
- ◉ Overview of the etiology of cavities and periodontal disease with instruction pertaining to prevention—specifically oral care for little ones and nutrition.
- ◉ Family Resource Center - Oakridge, Oregon

“BIRTH TO FIVE” - PRESENTATION



Jenoa, the project leader sharing her enthusiasm for/knowledge of oral health.

“BIRTH TO FIVE” - PRESENTATION



Jenoa demonstrating proper brushing techniques.

We had a beautiful setting for the presentation.



“BIRTH TO FIVE” - LESSON PLAN

Lesson Plan Title: Oral Health for Parents with Young Children

Group to Teach: Oakridge Family Resource Center Birth to Five play group

General Goal(s): Teach the importance of nutrition and oral health during and after pregnancy for self and child.

Specific Objectives: Describe how nutrition contributes to oral health, how to care for child’s teeth, how to care for own teeth.

Required Materials: Pre and Post presentation questionnaires, PowerPoint presentation, A Healthy Smile for Your Child: Tips to Keep Your Child Healthy handout, nutrition poster, tooth brushes, floss, toothpaste, finger brushes.

Introduction: Introduce ourselves, and describe our profession. Briefly go over disease process.

Step-by-step Procedures for your Presentation:

- Introduction (5 min)

- Pass out Pre-Presentation Questionnaire (5 min)

- Start PowerPoint presentation, Hand out Healthy Smile for your child handout and homecare supplies (20 min)

- Pass out Post-Presentation Questionnaire and handout (5 min)

- Answer questions (5-10 min)

“BIRTH TO FIVE” - VISUAL AIDS

EATING FOR A Healthy Smile

foods and drinks that damage oral health:

- SUGAR
- CANDIES
- ACIDIC BEVERAGES (LIKE SODA)
- PROCESSED FOODS (LIKE WHITE CIDER, THOSE FOUND IN THE CANS)

Excess consumption can lead to CAVITIES.

Heart and body are CONNECTED

IF YOU TAKE CARE TO PROVIDE YOUR BODY WITH NUTRITION, YOU PROVIDE YOUR TEETH AND GUMS WITH REAL BENEFIT.

*Pick us about healthy smile options!

Diet FOR HEALTHY Teeth and Gums

- Water
- Low-Fat Dairy
- Whole Grains
- Fruits and Vegetables
- Lean Proteins

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Progression OF Gum Disease

Healthy Teeth and Gums	Gingivitis	Early Periodontitis	Moderate Periodontitis	Advanced Periodontitis
<p>Healthy Teeth and Gums</p> <p>Pink gums</p> <p>No bleeding gums with flossing and brushing</p> <p>Fresh breath</p>	<p>Gingivitis</p> <p>Red swollen gums</p> <p>Bleeding gums with flossing and brushing</p> <p>Possible bad breath or taste</p> <p>No bone loss</p> <p>No tooth mobility</p>	<p>Early Periodontitis</p> <p>Red swollen gums</p> <p>Bleeding gums with flossing and brushing</p> <p>Persistent bad breath or taste</p> <p>Slight bone loss</p> <p>Possible tooth mobility</p>	<p>Moderate Periodontitis</p> <p>Red swollen gums</p> <p>Bleeding gums with flossing and brushing</p> <p>Persistent bad breath or taste</p> <p>Moderate bone loss</p> <p>Tooth mobility and root exposure</p>	<p>Advanced Periodontitis</p> <p>Red swollen gums</p> <p>Bleeding gums with flossing and brushing</p> <p>Persistent bad breath or taste</p> <p>Severe bone loss</p> <p>Severe tooth mobility and root exposure</p> <p>Possible tooth loss</p>

Labels in diagram: Crown of Teeth, Root of Teeth, Gingiva, Periodontal Ligament, Alveolar Bone, Alveolar Crest, Root Exposure, Severe Root Exposure

By: Bruce Strauber, D.M.S.

“BIRTH TO FIVE” - VISUAL AIDS



“BIRTH TO FIVE” - PRE AND POST SURVEYS

“BIRTH TO FIVE” - DATA ANALYSIS

“BIRTH TO FIVE” - EVALUATION

“BIRTH TO FIVE” - REFLECTION

ORAL HEALTH CARE FOR THE ELDERLY

- Project Leader: Jen Helling
- Target group: Nursing home caregivers and their geriatric patients
- Overview of the etiology of cavities and periodontal disease with instruction pertaining to prevention—specifically proper brushing and flossing techniques.

“ELDERLY” - PRESENTATION

- Photos

“ELDERLY” - LESSON PLAN

Lesson Plan Title: Oral Health Care for the Elderly

Group to Teach: Elderly residents at a retirement center or nursing home, as well as the caregivers at the facility.

General Goal(s): Oral health and home care habits. Our goal is to educate both the residents of the nursing home as well as the caregivers.

Specific Objectives: Demonstrate proper brushing technique, and describe the benefits of oral health. Educate caregivers on how to properly assist residents with their brushing, and cleaning their dentures.

Required Materials: Denture brushes, typodont, toothbrushes, toothpaste, nutrition poster board

Introduction: Introduce ourselves, and describe our profession. Briefly go over disease process in a manner that the residents will understand.

Step-by-step Procedures for your Presentation:

- Introduction

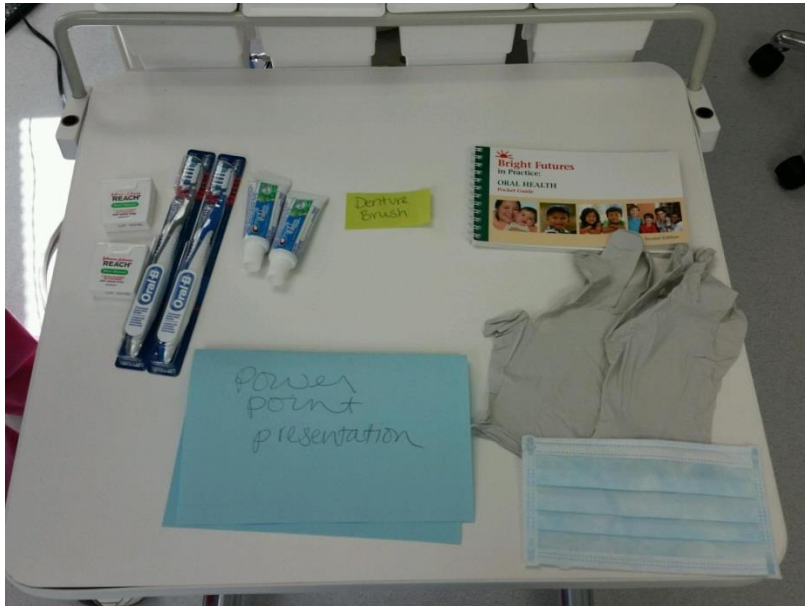
- Hand out supplies and visual aids

- Explain the disease process

- Demonstrate proper brushing and flossing techniques on typodont

- Conclusion/ questions

“ELDERLY” - VISUAL AIDS



Visual aids focused on providing care for patients - which included homecare aids and a Power Point presentation



“ELDERLY” - PRE AND POST SURVEY

Fact or Fiction?

Tooth loss is a normal part of aging

FACT

FICTION

Gum disease is a minor infection

FACT

FICTION

It is normal for teeth to become darker as you age

FACT

FICTION

It is normal for gums to bleed a little bit

FACT

FICTION

Dentures should never be worn while sleeping

FACT

FICTION

It is recommended to use toothpaste to clean dentures

FACT

FICTION

People who have periodontal disease don't brush their teeth

FACT

FICTION

People lose their teeth because of cavities

FACT

FICTION

“ELDERLY” - DATA ANALYSIS

“ELDERLY” - EVALUATION

- . Do you feel like this was an effective presentation?
2. What is one thing you will take away from this presentation?
3. Would you enjoy hearing more presentations about oral health in the future?

“ELDERLY” - REFLECTION



THANK YOU!