

# FOR NOTES PURPOSES ONLY

## Key Oral Health Messages

**Essex Oral Health Improvement Team**

**Community Dental Services**

**[www.communitydentalservices.co.uk](http://www.communitydentalservices.co.uk)**



**All of the information contained in this training is up to date as of 02/2023**

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# Who are CDS?

- ❖ Community Dental Services has 8 clinics in Essex.
- ❖ We provide a dental service for people with complex and additional needs (children and adults) including general anaesthetic & sedation clinics.
- ❖ We provide a domiciliary service for bed bound patients.
- ❖ We also have a clinic in Colchester with wheelchair tipper.
- ❖ In Colchester we also have a bariatric chair.

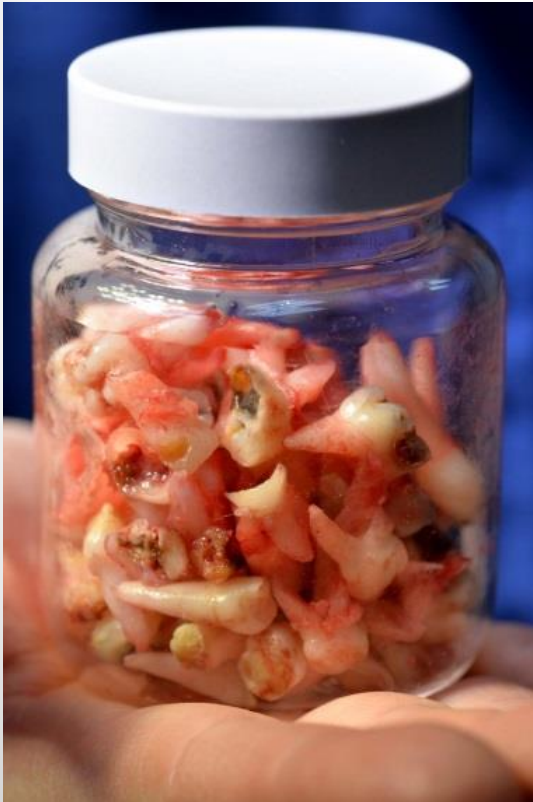
# Aims of the Training

- ❖ To increase your confidence and knowledge in providing oral health advice to parents/ carers and children.

# Objectives

- ❖ Dental Neglect
- ❖ Why Oral Care Is Important
- ❖ Impact Of Poor Oral Health
- ❖ Brushing Technique & Toothpaste Guidance
- ❖ Money Saving Tips
- ❖ Dental Caries & Erosion
- ❖ Diet And Its Impact on oral health
- ❖ Accessing Dentistry
- ❖ Seizures and Trauma
- ❖ Focussed oral health day

# Statistics!



- ❖ We know that areas of higher deprivation have a higher percentage of children with tooth decay.
- ❖ In Essex 14% of under 5s need treatment.
- ❖ In Southend and Thurrock 20% of under 5s need treatment
- ❖ Jar of teeth extracted in one afternoon in theatre. 16 teeth were from a 2 year old!!
- ❖ Every 10 minutes in the UK a child is having a tooth extracted!!

❖ **THIS IS PREVENTABLE!**

# Dental Neglect

- ❖ Dental neglect is defined by the British Society of Paediatric Dentistry as: ***‘the persistent failure to meet a child’s basic oral health needs, likely to result in the serious impairment of a child’s oral or general health or development.’***
- ❖ Dental neglect may occur in isolation or may be an indicator of a wider picture of the child’s maltreatment.
- ❖ The term dental neglect should be reserved for situations where there is a failure to respond to a known significant problem.

## Look out for :

- ❖ Obvious dental disease – such as: disease which is clearly obvious to a non-dental health professional.
- ❖ Impact on the child – such as: reported toothache, difficulty eating.
- ❖ Situations where acceptable care has been offered but the child is not receiving treatment – such as - missed appointments.

# 3 Steps to Good Oral Health



**Brushing**



**Dentist**



**Diet**

# Question.....

\*Why is good oral care important?



# Oral Care

**Good oral care is important for 5 main reasons:**

- ❖ Overall health
- ❖ Prevention of pain and suffering
- ❖ Adequate nutrition
- ❖ Quality of life and comfort
- ❖ Communication, socialisation and appearance

# Impact of Poor Oral Health



❖ School Readiness & time off work/school.

❖ Pain and infection.



❖ Quality of life

❖ Disrupted sleep.



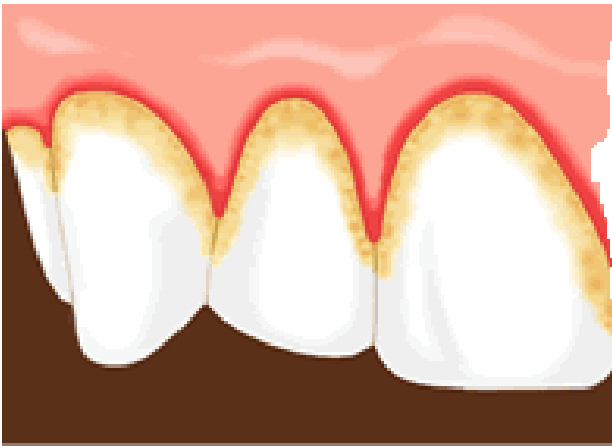
❖ Speech development and socialisation.

❖ Inadequate nutrition.

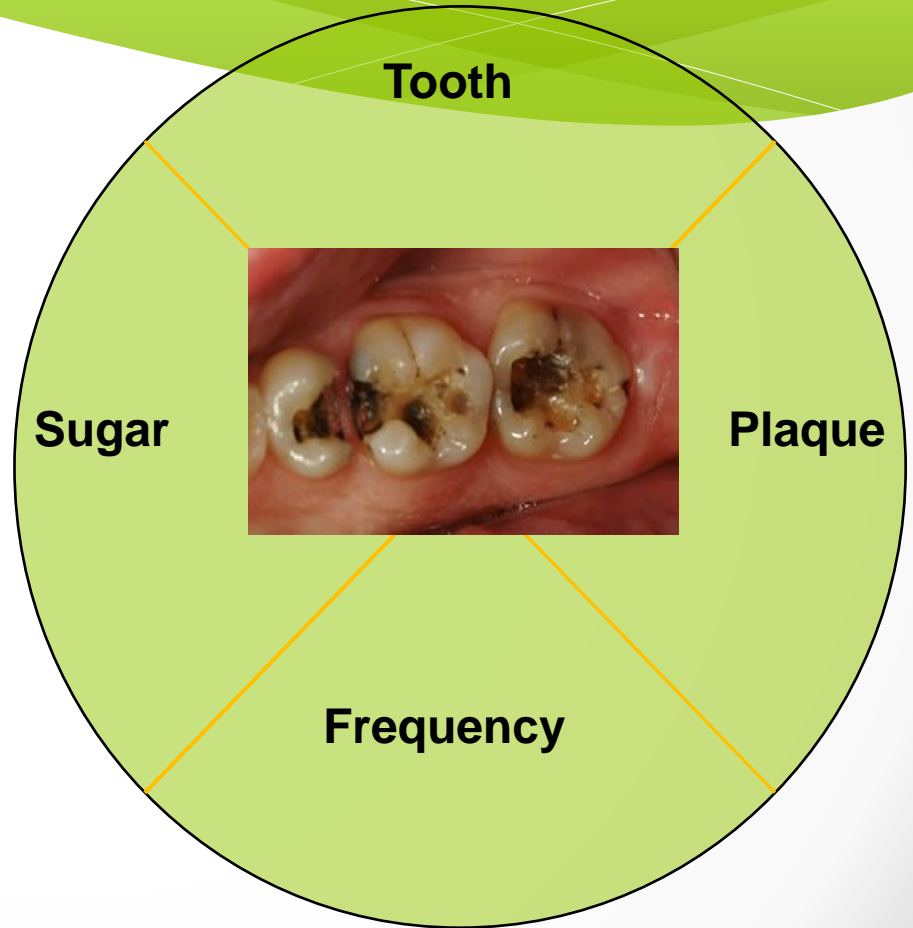
# Questions.....

- \* How many times a day should we brush?**
- \* When is the most important time to brush?**
- \* How long should we brush for?**

# Why Brush?



**Dental Plaque**



# Brushing



# Brushing

- ❖ Brush before bedtime and at one other time.
- ❖ Brush teeth in small circular motions for 2 minutes.
- ❖ Spit don't rinse.
- ❖ Use a small headed toothbrush.
- ❖ Replace toothbrush once bristles become splayed, or every 3 months.
- ❖ Children under 8 should be supervised.
- ❖ Interdental cleaning should be introduced from 12 years.



# Which toothpaste do you use??



# Toothpaste guidance



**Children aged up to 3 years:** Use fluoridated toothpaste containing **at least 1,000 ppm** fluoride. Use a smear of toothpaste. Whitening toothpaste unsuitable



**All children aged 3-6 years:** Use fluoridated toothpaste containing **at least 1,000 ppm** fluoride. Use a pea size amount if they can spit out. If a child is not able to spit or has swallowing difficulties only use a smear. Whitening toothpaste unsuitable.

**Children aged 0-6 years giving concern:** Use fluoridated toothpaste containing 1,350 -1,500 ppm fluoride. It is good practice to use only a smear or pea size amount - this is dependent on age, ability to spit out & whether there are any swallowing difficulties. See above guidance.



# Toothpaste guidance

## **Children aged from 7 years and adults:**

- ❖ Use fluoridated toothpaste (1,350 – 1,500 ppm fluoride).
- ❖ Use pea size amount if able to spit. (If a child or adult is unable to spit or they have swallowing difficulties only use a smear of toothpaste).
- ❖ Spit out after brushing and do not rinse to maintain fluoride concentration levels

# Money Saving Tips



## Toothpaste Hacks

### Price, Peas and Pop it upside down!!!

Community  
Dental  
Services

Try swapping your branded toothpaste for a supermarket own one, which can be 7 x cheaper! As long as it contains at least 1350ppm, (parts per million Fluoride) everyone from babies, toddlers, teens and all the adults can use the same one!

One size can fit all!



Check how much paste you are using, you could be using it 3 x quicker than you need to be! Everyone who can spit out should be using a small pea sized amount! Only babies, 0-3 yrs use a smear. Use less and make it last longer!



Simply turn your toothpaste upside down! Keep gravity on your side so you can get the most out of your tube. Keep squeezing the paste down to the cap with a roller or handle of a spoon! You've paid for it so use every last blob!



# Dental Caries

- ❖ Largest cause of hospital admissions for 5–9 year olds.
- ❖ Decay is caused by the frequency of sugar.
- ❖ Milk from a bottle can cause decay (bottle caries).



# Dental Erosion

- ❖ Caused by frequent consumption of acidic drinks and foods.

- ❖ Pain and sensitivity.

- ❖ Irreversible.



- ❖ Fizzy/ carbonated drinks can cause dental erosion as they are higher in acidity.

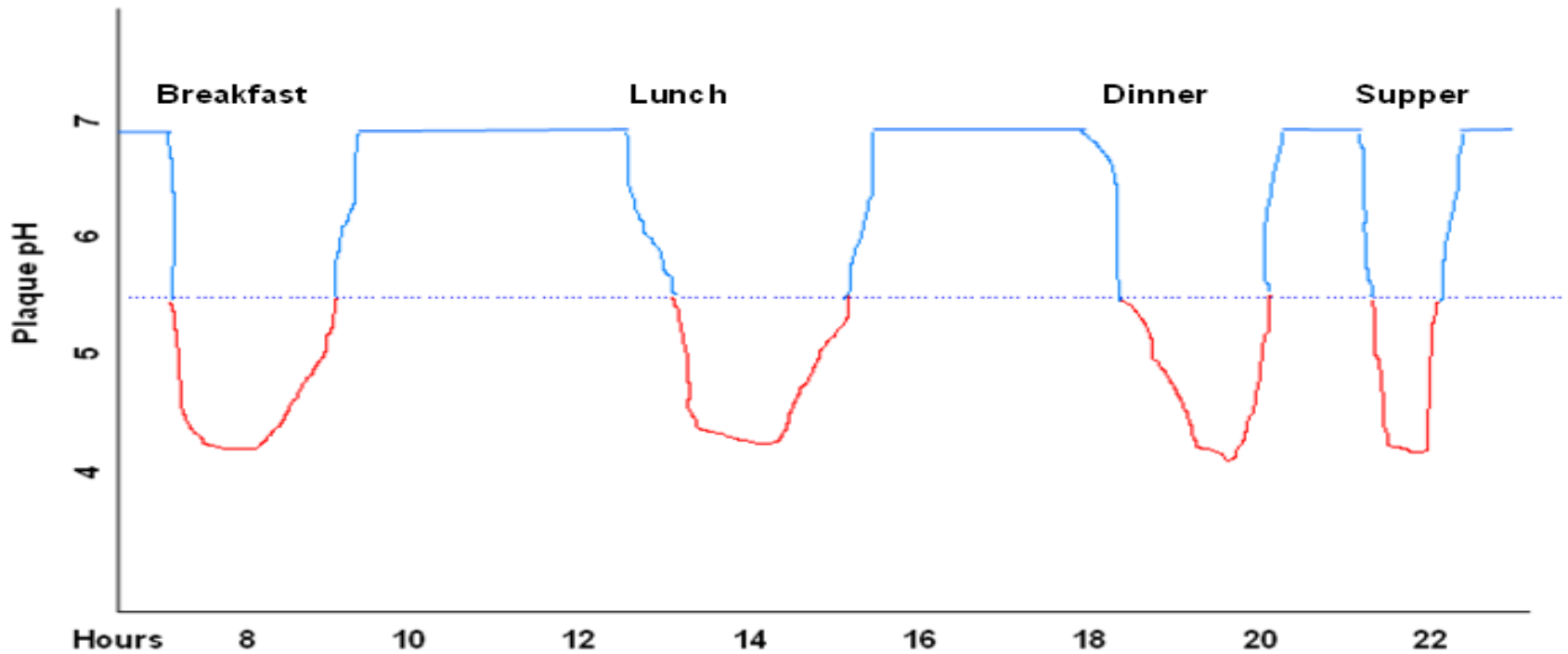
- ❖ Some fizzy drinks are also high in sugar which can lead to tooth decay.

# Diet

- ❖ Important for oral and general health.
- ❖ Important to be mindful of the sugar content of the food and drink we are having.
- ❖ Anything sweet or fizzy is best with a main meal
- ❖ Look for traffic light markings on packaging.



## The frequency of sugar / acid attacks





# Tooth friendly foods/drinks



# Tooth **un**friendly foods/drinks



Keep to mealtimes!



# Hidden Sugars



# Maximum daily amounts of added sugar

2-3 year olds\*

13g

(3 sugar cubes max)

3-4 year olds\*

16g

(4 sugar cubes max)

4-6 year olds

19g

(5 sugar cubes max)

7-10 year olds

24g

(6 sugar cubes max)

11+ and adults

30g

(7 sugar cubes max)





# Guess the sugar! In grams or cubes!

2: Per 150ml



1: Per 1 Pot



4: Per bear



3: Per packet



# NHS Healthy Start Scheme

- ❖ Those from a low income family & pregnant or have children under the age of 4 could be eligible.
- ❖ Payment given every 4 weeks to spend on fruit & vegetables, plain cows milk or first milk infant formula.
- ❖ Free Healthy Start Vitamins.
- ❖ For further information on eligibility please see our CDS Guide To The Healthy Start Scheme at:
- ❖ <https://youtu.be/rwf7yjypQvU>
- ❖ Visit the Healthy Start website at: <https://www.healthystart.nhs.uk/frequently-asked-questions/the-new-healthy-start-scheme/>





# Accessing Dentistry

## NHS Dentistry

### Routine Care

- ❖ Find a Dentist Website
- ❖ Oral Health Foundation website for advice.

### Emergency Treatment

- ❖ Contact NHS 111

### Access to NHS treatment.

- ❖ Dental care for children is free until their 18<sup>th</sup> Birthday or 19<sup>th</sup> if in full time education.
- ❖ Pregnant women and new mothers are exempt from payment up until their child's first birthday.

# Seizures and Trauma

## Pick, Lick, Stick – Adult teeth only!

- ❖ Pick the tooth up by the crown part do not touch the root.
- ❖ If the tooth is dirty, rinse quickly under cold water **OR** if able and safe to, ask the child to gently lick the tooth clean. Do not scrub.
- ❖ Stick the tooth back in position (**ADULT TEETH ONLY**)
- ❖ Bite on a clean handkerchief and hold in place
- ❖ Go straight to a dentist
- ❖ If not possible to reinsert the tooth put the tooth straight into milk
- ❖ **NEVER TRY AND RE-INSERT A BABY TOOTH**
- ❖ Visit <https://www.dentaltrauma.co.uk/Index.aspx> for further information.

# Identify an Oral Health Focussed Day



- ❖ Oral health activities
- ❖ Toothpaste & Toothbrushes
- ❖ Toothbrushing challenge
- ❖ Have a reward/certificate for completing the brushing chart.
- ❖ Deliver key oral health messages
- ❖ Watch a video on how to brush your teeth

# Key Oral Health Messages to Remember!

- \* Brush twice a day with a fluoride toothpaste.
- \* Brush for 2 minutes including all surfaces of the teeth.
- \* Brush before bedtime and one other time in the day preferably in the morning after breakfast.
- \* After brushing SPIT out excess toothpaste and DO NOT RINSE!
- \* Avoid sugary snacks & drinks between meals.
- \* Visit the dentist regularly



# Activities for Children

- ❖ Tooth brushing Apps: Aquafresh, Oral-B, Disney app, Pokemon Smile app <https://smile.pokemon.com/en-us/>
- ❖ [www.nationalsmilemonth.org](http://www.nationalsmilemonth.org)
- ❖ <https://communitydentalservices.co.uk/oral-health/family-fun/> for fun children's activities & videos.



# Other Useful Resources

1. Dental Buddy (Oral Health Foundation Website)

2. Change4life website

3. CDS Website – Family Fun section

4. Oral health promotion videos such as:

- Dr Ranj <https://www.bspd.co.uk/kidsvids>

- Hey Duggee Toothbrushing Badge Song

- <https://www.youtube.com/watch?v=oStaJTHgHMU>

- BBC CBeebies My First Dentist <https://youtu.be/GGJRR5RsaIU>



# How we can support you:

- ❖ Provide oral health resources.
- ❖ Advice and Support.
- ❖ Oral Health Training via a webinar or online tool kit.
- ❖ Lots of Oral Health information & resources on our website:



[www.communitydentalservices.co.uk](http://www.communitydentalservices.co.uk)

Thank you!

Any questions?



***Please complete your evaluation form & quiz.***

# Please Scan for your Certificate

Oral Health Key Messages  
Evaluation- Activate Essex



# Contact the oral health team:

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