Conducting Your Oral Health Care Appointment

Dental Transformation Initiative (DTI)
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Overview of the 7 Steps

1. Interview
2. Position the child
3. Oral examination
4. Toothbrush prophylaxis
5. Fluoride varnish treatment
6. Summary and goal setting
7. Documentation
Caries Risk Assessment (CRA) form or electronic questionnaire

Self-Management and Goal Setting Handout
Preparation

- Clinical Supplies
  - Gauze
  - Light source
  - Toothbrush
  - Fluoride varnish
  - Gloves
Step 1: Interview

Build Rapport with the Child

- Play and talk with the child.
- Distract with toys or a baby toothbrush while you talk with the caregiver.
- Ask staff to occupy the child during the interview.
Step 1: Interview

Interview the Caregiver (Begin Anticipatory Guidance)

- Closed questions.
- Open-ended questions.
- Questions will follow the CRA form.
  - Bottle use and other dietary habits
  - Reduced salivary flow
  - Developmental disabilities or special needs
  - Daily hygiene habits
  - Fluoride exposure (keep local fluoridation chart handy)
  - Frequency of cavities in primary caregivers and siblings
Step 2: Position the Child

- Position knee-to-knee.
- Slowly lower the child onto your lap.
- Caregiver holds the child’s hands and helps to keep the child stable.
- Expect crying.
  - Bad news: The child is crying.
  - Good news: You can see the teeth clearly.
Step 2: Position the Child

Tips for Behavior Management

- Focus on the nature of the cry.
- Use distraction techniques.
- Use the “tell, show, do” method with older children.
- Use positive self-talk.
- Above all, stay calm.
Step 3: Oral Examination

Look for:
- Presence of thick plaque
- Chalky white spots, brown spots, or obvious dental caries
- Recent restorations
- Tooth defects
- Abscesses
- Visually inadequate saliva flow

Show caregivers any signs of tooth decay.
Step 3: Oral Examination

- Teach the caregiver to “lift the lip” to check for chalky white spots or brown spots.
Step 4: Toothbrush Prophylaxis

- Remove plaque thoroughly (or help the child or parent do it) with a toothbrush.
- Discuss home care.
- Reinforce the use of a small smear of fluoride toothpaste for infants, and pea-size for older children.

Smear
Age less than 2 years

Pea-size
Age 2 to 5 years

Regular
Age more than 5 years
At-home care:

- Begins when first tooth erupts.
- Cleaning method for small children can include:
  - The knee-to-knee position
  - Baby on lap with face up
  - Cleaning front of teeth during bath time or while on the changing table

- Include fluoride toothpaste in daily routine.
Step 5: Fluoride Varnish Treatment

Get started:

- Dry teeth lightly with a gauze square.
- Open the packet of varnish.
- Stir with applicator.
Step 5: Fluoride Varnish Treatment

- Apply varnish:
  - Do the outsides of all teeth and then the insides.
  - Begin with lower teeth.
  - Repeat with upper arch.
  - Less is more!
Step 5: Fluoride Varnish Treatment

- Finish up:
  - Raise the child back into the caregiver’s arms for comforting.
  - Provide child with a toy.
  - Tell the parent: “don’t brush until the next day.”
Step 6: Summary & Goal Setting

- Summarize your findings for the parent and the child.
- Recommend follow-up care.
- Discuss risk and determine appropriate recare interval.
- Set goals for home care using motivational interviewing.
Self-Management Goals & Plans

Self-management goals

1)

2)

On a scale of 1-10, how confident are you that you can accomplish the goals? 1 2 3 4 5 6 7 8 9 10

Signature Date

Practitioner signature Date
Motivational Interviewing

- Understand why they do/do not want to change behaviors.
- Discover changes they are willing to make.
- Set 1 or 2 short-term goals, using the “self-management” sheet for younger children.
- Ask open-ended questions:
  - Can you tell me what brushing your child’s teeth looks like in your family?
Motivational Interviewing

- **Affirmations**
  - “Thank you for bringing Julie in today. I can imagine how busy your schedule is.”

- **Reflective listening**
  - “I hear that you would like to limit Julie’s snacking on cookies and other sugary treats, but you are also a bit worried that she will cry and be unhappy if you tell her ‘no’ when she asks for a cookie. Is that right?”
Motivational Interviewing

- Summarize
  - “You have set goals to increase Julie’s fruit and vegetable snacks and replace the milk in her bedtime bottle with water, that’s great! We will be following up on the progress you are making with these goals when we see Julie at her next appointment in 3 months.”
Choose 1 or 2 key messages.

Remain positive.

Treat patients with respect and kindness.

It takes multiple triggers over time to change behavior.
Step 7: Documentation

- D0601 – CRA, low risk
- D0602 – CRA, moderate risk
- D0603 – CRA, high risk
- D0140 – Limited oral evaluation, problem focused
- D0145 – Oral evaluation for patient under 3 years of age and counseling with primary caregiver
- D1310 – Nutritional counseling for the control of dental disease
- D1330 – Oral hygiene instruction
- D9993 – Motivational Interviewing
- D1206 – Topical application of fluoride varnish

If bringing a child back for an additional fluoride varnish application, may also bill for an office visit (99211) as well as the fluoride varnish (D1206)
TYKE: Treating Young Kids Everyday

- A free online program for educating and training dental and primary care teams in using Caries Risk Assessment and early intervention to reduce Early Childhood Caries.

- [https://www.cda.org/member-resources/education/tyke-training](https://www.cda.org/member-resources/education/tyke-training)
Resources

- Smiles for Life: A National Oral Health Curriculum
  - A free online series of courses designed to ensure the integration of oral health and primary care.
    - Course #2 Child Oral Health
    - Course #6 Caries Risk Assessment, Fluoride Varnish, and Counseling
    - Course #7 The Oral Exam
  - Smilesforlifeoralhealth.org
Questions?

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