

# “Plaque OFF Fluoride ON”: Local OHP implementations in Camden and Islington oral health improvement initiatives for vulnerable adults and older people to reduce oral health inequalities



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**Abstract:**

**Title:**

“Plaque OFF Fluoride ON”- Oral Health Improvement Initiatives for vulnerable adults and older people to reduce oral health inequalities- Local Implementations in Camden and Islington

**Background:**

Oral health in adults has improved in the last 40 years. However, inequalities persist. There are still significant proportions of people who experience poor oral health.

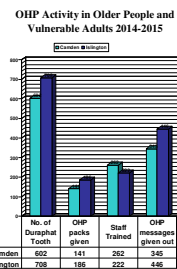
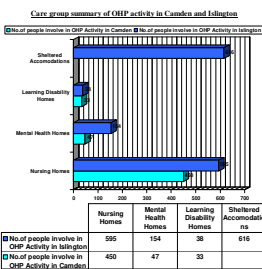
**Objective:** To improve the oral health of adults at high risk of poor oral health by a targeted oral health improvement strategy in Camden and Islington.

**Methods:**

**Targeted Oral Health Improvement: Training and Support Programme-2014-15**

- Improving oral health knowledge, behaviour and self-efficacy amongst vulnerable adults and older people e.g. OHP packs and OHP sessions.
- Increasing number of targeted vulnerable adults and older people reached by fluoride toothpaste and toothbrush schemes and High concentration Fluoride toothpaste for care homes e.g. Duraphat toothpaste project.
- Improving oral health knowledge and skills amongst health, education and social care professionals e.g. staff training in care homes with pre-training and post-training quiz.
- Increasing vulnerable adults’ workforce received oral health training e.g. oral health workshops for supported living scheme staff.
- Increasing number of nursing homes achieving oral health CQC standards e.g. Nursing Home staff training and support.
- Developing OHP capacity across partner agencies- e.g. Speech & Language Therapist oral health training
- Increasing awareness about local and appropriate dental services including community dental services and emergency dental services e.g. Increased number of new patients registered with community dental services in 2014-15.

**Results:**

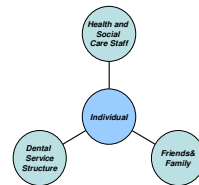
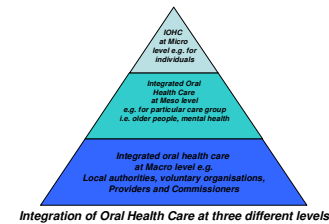
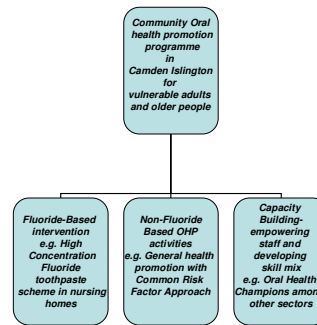


**Conclusion:**

It is paramount for this high risk group to be continuously supported by dental team and allied health professionals; we should tie in dentistry with other services for improved oral health outcomes and reduced inequality.

“Speak up for those who cannot speak for themselves”

“Plaque off Fluoride on” for Caring Smiles - Transforming the vision into action as oral health is everyone’s business-Think Globally Act Locally



Oral Health is everyone’s business- Interlink between surrounding groups for better oral health of vulnerable individuals

Health promotion initiatives should be empowering, participatory, holistic, equitable, sustainable and multistrategy (WHO 1998).

**Way Forward for OHP programmes**

**The Five Key Principles for Oral Health Promotion:**

1. Building Healthy Public Policy - e.g. CQC standards compliance, food policy for care homes.
2. Creating Supportive Environments - e.g. High concentration Fluoride toothpaste & OH packs.
3. Strengthening Community Action - e.g. health events, OHP support for all staff and residents
4. Developing Personal Skills - e.g. Staff training formal/informal and oral health workshops
5. Reorienting Health Services - e.g. modified tooth brushing techniques, mouth props, superbrush

**What works and how we can make it better...**

- Collaborating with agencies working with older people and vulnerable adults; to implement strategies to increase the uptake of dental services, improve oral health and reduce inequalities.
- Signpost older people to appropriate dental services.
- Increasing mouth cancer awareness activities at community level.
- “Oral Health Promotion Champion” nomination: 1 to 1 coaching to share knowledge
- Increasing awareness about NHS costs for dental treatment and exemption criteria: financial barrier results in reduced uptake of services- confusion about pension)
- Tailoring of mainstream programmes to meet the requirements of those with additional needs: distribution of appropriate dental hygiene aids e.g. FREE mouth props/ super-brushes/mouth wash)
- Provision of training to key workers in community settings as clusters e.g. Mental health team
- Evaluating the impact of existing programmes for any adaptation
- Integrating oral health programmes in community settings e.g. the fluoride milk scheme for those with additional needs.
- Coaching workshops for carers to perform oral health tasks for the care home residents
- Provision of denture care kits to maintain healthy dentures
- Increasing knowledge and awareness about denture care and techniques to insert/remove dentures
- Laboratory denture marking for dentures and free denture marking kits provision
- Tailored OH training sessions for night staff of care homes
- Engaging with friends and family events in care home.
- Encouraging healthy food policy standards for care home to include CRF approach.
- Inclusion of oral health training in staff induction
- Development of OH resource pack for staff training
- Developing an online refresher staff training modules.
- Incentives for staff to attend training
- Organising seasonal Health Promotion events to involve other health professionals to spread the words together
- Preparation of visual aids for dementia patients as a reminding tool for toothbrushing task

