



Mouth Matters: Oral Health Coaching for People in Prison in Scotland

Cinar AB*, Freeman R¹, White P², Jones CM³, Everington T⁴, Richards D⁴, Fernandes F¹

*University of Copenhagen, ¹University of Dundee, ²Positive Prisons, ³NHS Health Scotland, ⁴NHS Forth Valley

Introduction: People in Scottish prisons (PrSP) have poorer dental health than the general population. The promotion of health and wellbeing of people in prison is a central aim of Scottish Government Health Inequalities policy and to achieve this aim it is necessary to improve the health literacy of PrSP.

Objective: Design, implement and evaluate an oral health coaching (HC) intervention to improve PSP's health literacy.

Methods: PrSP will be trained as oral health coaches, as part of NHS Health Scotland's oral health prison intervention, Mouth Matters (MMs). MMs is composed of 6 units, and the final unit is a HC unit. HC (Figure 1) is a translational approach based upon motivational interviewing, that reduces resistance to change. PrSP will be trained by a qualified coach over a five-day period in the first month (Figure 2), reinforced with three days in the second month and two days in the third month, to become oral health coaches.



Figure 1. Principles of Health Coaching

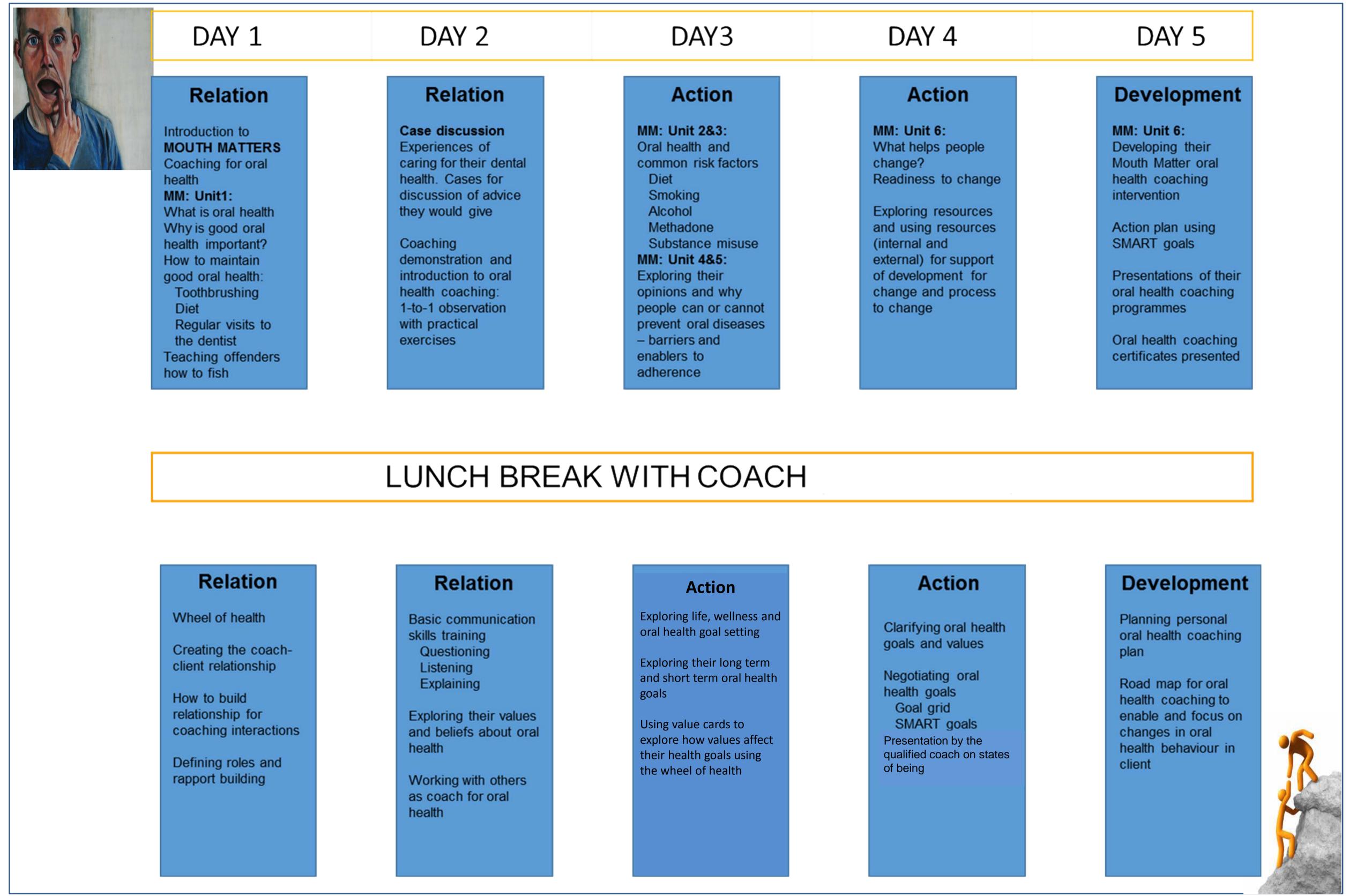


Figure 2. Proposed oral health coach programme for month 1

Results: A mixed-methods evaluation will be conducted before, during and after the HC training to test if and explore why HC works to improve PrSP's health literacy.

Conclusion: MMs could be a generic template for improving health and wellbeing in terms of active participation of all people in prison exposed to the programme via HC, by developing health literacy, self-efficacy and capacity building skills.

