

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

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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 PrSP'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

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	Relation Introduction to MOUTH MATTERS Coaching for oral health MM: Unit 1: What is oral health Why is good oral health important? How to maintain good oral health: Toothbrushing Diet Regular visits to the dentist Teaching offenders how to fish	Relation Case discussion Experiences of caring for their dental health. Cases for discussion of advice they would give Coaching demonstration and introduction to oral health coaching: 1-to-1 observation with practical exercises	Action MM: Unit 2&3: Oral health and common risk factors Diet Smoking Alcohol Methadone Substance misuse MM: Unit 4&5: Exploring their opinions and why people can or cannot prevent oral diseases – barriers and enablers to adherence	Action MM: Unit 6: What helps people change? Readiness to change Exploring resources and using resources (internal and external) for support of development for change and process to change	Development MM: Unit 6: Developing their Mouth Matter oral health coaching intervention Action plan using SMART goals Presentations of their oral health coaching programmes Oral health coaching certificates presented
	LUNCH BREAK WITH COACH				
	Relation Wheel of health Creating the coach-client relationship How to build relationship for coaching interactions Defining roles and rapport building	Relation Basic communication skills training Questioning Listening Explaining Exploring their values and beliefs about oral health Working with others as coach for oral health	Action Exploring life, wellness and oral health goal setting Exploring their long term and short term oral health goals Using value cards to explore how values affect their health goals using the wheel of health	Action Clarifying oral health goals and values Negotiating oral health goals Goal grid SMART goals Presentation by the qualified coach on states of being	Development Planning personal oral health coaching plan Road map for oral health coaching to enable and focus on changes in oral health behaviour in client

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.