

Community Health Worker Training Manual ORAL HEALTH[®]



Participant Manual





Acknowledgements

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Website

<http://go.uic.edu/COOPChicago>



Lesson #1: Prevalence and Health Disparities

Lesson Objectives

By the end of this lesson, trainees will be able to:

1. Describe the prevalence of caries in children nationally and in Illinois
2. Define health disparities as they relate to oral health in children

Optional references

- “A Cavity Culture”. New Yorker Article (<http://www.newyorker.com/magazine/2005/08/29/the-moral-hazard-myth>) talking about oral health to both emphasize the widespread prevalence of this issue, and as a warm-up activity to get CHWs in right learning and discussion mind-set.
- Oral Health in Illinois report. Available at <http://oralhealthillinois.org/wp-content/uploads/2016/11/Oral-Health-in-Illinois.pdf>.
- Healthy Smiles Healthy Growth 2013-2014, Assessing the Oral Health Status and Body Mass Index of Third Grade Children in Illinois. By the Heartland Alliance. Available at https://www.heartlandalliance.org/wp-content/uploads/sites/3/2016/02/healthy-smiles-healthy-growth_final.pdf.

Content

1. Initial Reflections

2. Prevalence/Health Disparities

Lesson #2: Anatomy, Definitions, and Causes

Lesson Objectives

By the end of this lesson, trainees will be able to:

1. Describe basic tooth anatomy
2. Define “caries”
3. Describe the causes of caries
4. Describe other dental diseases

Content

1. Basic Tooth Anatomy

The basics of teeth anatomy:

- Enamel is the outermost, hardest layer of the tooth. It serves as the tooth's 'protective shield.'
- Dentin is just underneath the enamel, it gives the tooth its shape and structure, but is made of softer bony material that allows cavity to quickly get bigger when it reaches into the dentin. When cavities penetrate into the dentin, this also is typically when people start to experience tooth sensitivity.
- Pulp is the deepest layer that contains the tooth's nerves and blood vessels. This layer is soft and does not contain bone. People who have a cavity into the dentin have exquisite tooth sensitivity and typically need the tooth pulled, a root canal, or both.
- The crown is part of the tooth above the gum line.
- The root is the part of the tooth inside the gum, the part that is not visible.

2. Define Caries

3. Causes of Caries

- Children with special healthcare needs
 - Developmental and cognitive limitations—it often is behaviorally challenging for parents to successfully brush these children's teeth.
 - Poor motor skills limit self care—largely due to same as above.
 - Medication interactions –most pediatric medications contain sugar, and some also can cause dry mouth, which reduces salivary flow and the flushing-away of bacterial acids on teeth.
 - Special dietary regimes increase carbohydrate exposure—again these may contain high amounts of sugar or require frequent feeding regimens.
 - Overwhelmed caregivers.

4. Other Dental Diseases

Lesson #3: Oral Health Recommendations for Children

Lesson Objectives

By the end of this lesson, trainees will be able to:

1. Discuss when a child should see a dentist
2. Describe the responsibility of the medical provider in oral health
3. Describe ways a CHW can help families reduce caries and improve oral health

Content

1. Dental and Medical Providers

2. Counseling

- Video link, 'Bottle Mouth Decay': <https://www.youtube.com/watch?v=0EAqpmk4TbI>

Lesson #4: Fluoride

Lesson Objectives

By the end of this lesson, trainees will be able to:

1. Explain what fluoride is and how it prevents caries
2. Discuss how and why to brush teeth and floss
3. Describe challenges and strategies for getting enough fluoride, with an emphasis on filtered/ bottled water
4. Describe what fluoride varnish is, where/when/why to get it

Content

1. Fluoride

Fluoride is a natural mineral.

1. Fluoride gets incorporated into the tooth enamel and does a few things:
 - Helps the tooth rebuild the enamel after acid exposure. (This is called remineralization.)
2. Fluoride is makes the tooth stronger and more able to resist eroding from acid.
 - Fluoride has some antibacterial properties which reduce the amount of acid produced bacteria in the mouth.

Lesson #5: Brushing Basics

Lesson Objectives

By the end of this lesson, trainees will be able to:

1. Describe how and when to brush teeth
2. Discuss types of toothbrushes
3. Explain how to floss
4. Describe the role of mouthwash

Content

1. How to brush teeth

Video of brushing baby:

<https://www.youtube.com/watch?v=kyJo7vUpbT8>

<https://www.youtube.com/watch?v=KB8mwBfcrXw>

Video of child brushing:

<http://www.colgate.com/en/us/oc/oral-health/basics/brushing-and-flossing/video/No-More-Nasties-Brushing-for-Kids>

Lesson #6: Patient Resources

Lesson Objectives

By the end of this lesson, trainees will be able to:

1. Describe and access additional resources for dental care and oral health

Content

Online patient educational materials from respected resources:

- AAP: www.healthychildren.org
- ICAAP: Bright Smiles from Birth: <http://illinoisaap.org/projects/bright-smiles>
- Colgate: <http://www.colgate.com/en/us/oc/oral-health/life-stages/childrens-oral-care>
- Delta Dental: <http://www.youroralhealthhub.com/just-for-kids/>

Lesson #7: Review and Practice

Lesson Objectives

By the end of this lesson, trainees will be able to:

1. Demonstrate use of the training content

Content

1. Discussion

2. Review

3. Practice

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