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# Addressing Oral Health Inequities through Community Based Programs: Opportunities for Interprofessional Teams

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# Addressing Oral Health Inequities through Community Based Programs: Opportunities for Interprofessional Teams

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**August 26, 2021**

**1455-1555 ET**



***“Medically Ready Force...Ready Medical Force”***

# Presenters



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# Stephanie de Sam Lazaro, O.T.D., O.T.R./L.



Dr. de Sam Lazaro serves as associate professor and director of the graduate programs in occupational therapy at St. Catherine University. Her clinical practice background focused on working with children and families. Dr. de Sam Lazaro's current scholarship is focused on interprofessional teaming in community-based primary care settings, including oral health settings, to address health inequities.

# Annalise Wallerich, D.T., R.D.H.



Ms. Wallerich graduated from the University of Minnesota School of Dentistry with a Master in Dental Therapy and Bachelor of Science in Dental Hygiene. Prior to becoming a licensed dental therapist and hygienist, she completed four years of undergraduate work at The College of Saint Benedict and Saint John's University and received a degree in liberal arts and communication. Ms. Wallerich has a passion for helping others and became interested in pursuing a career in dentistry when she started working in a dental lab as an office manager.

# Rachel McPherson, O.T.S.



Ms. McPherson is a third year occupational therapy doctoral student at St. Catherine University. She served as a graduate trainee on a community-engaged collaborative scholarship project focused on addressing oral health in children through an interprofessional team. In the next year, she will be partnering with Ready Set Smile on her doctoral capstone project to address oral health inequities through family education and interprofessional knowledge sharing programs.

# Disclosures



- Dr. de Sam Lazaro, Ms. Wallerich, and Ms. McPherson have no relevant financial or non-financial relationships to disclose relating to the content of this activity.
- Funding was provided by the Delta Dental Foundation of Minnesota through a Responsive Project Grant for some activities that will be shared in this presentation.
- There are no conflicts of interest or financial gains to report by any presenters of this presentation.
- The views expressed in this presentation are those of the presenter(s) and do not necessarily reflect the official policy or position of the Department of Defense, nor the U.S. Government.
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- Commercial support was not received for this activity.

# Learning Objectives



At the conclusion of this activity, participants will be able to:

1. Identify the importance of addressing oral health with all of their clients.
2. Recognize strategies that can be used by various professionals to prevent oral health issues.
3. Summarize interprofessional teaming opportunities to combat oral health inequities.



# Polling Question #1



What is your profession?

## Polling Question #2



How often do you address the oral health of your patients/clients?

- ☐ Multiple clients/patients each day
- ☐ 4-5 times a week
- ☐ 2-3 times a week
- ☐ Once a week
- ☐ Every other week
- ☐ Once a month
- ☐ Never

# Oral Health Conditions

- Dental Caries (tooth decay)
  - Periodontal disease (gum disease)
  - Xerostomia (dry mouth)
  - Tobacco use/abuse
  - Oral Cancer
  - Candidiasis (yeast infection)
  - Halitosis (bad breath)
  - Bruxism (grinding & clenching)
  - Dental Trauma
- (CDC, 2020; Ready, Set, Smile, 2020a, b, c, f, & g)

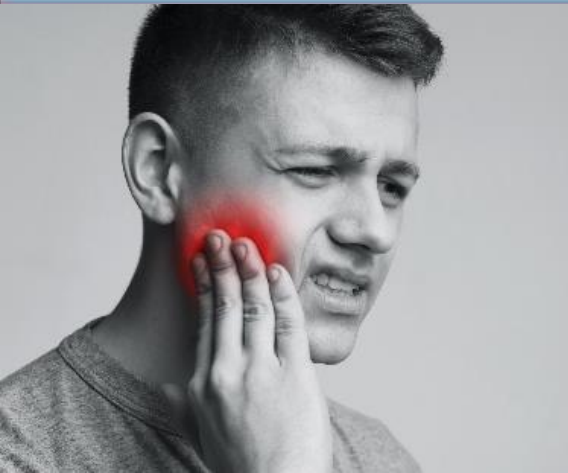


([ypo.education/dental/dental-caries-t452/video/](https://ypo.education/dental/dental-caries-t452/video/), n.d.)



([royaloakfamilydental.com/gum-disease-stages/](https://royaloakfamilydental.com/gum-disease-stages/), n.d.)

# Impact of Oral Health on Overall Health and Activity Participation



(southfieldsmile.com/blog/My-Tooth-Hurts---What-Should-I-Do\_AE121.html, n.d.)



(momjunction.com/articles/effective-treatments-to-cure-mouth-ulcer-in-infants\_0094234/, n.d.)

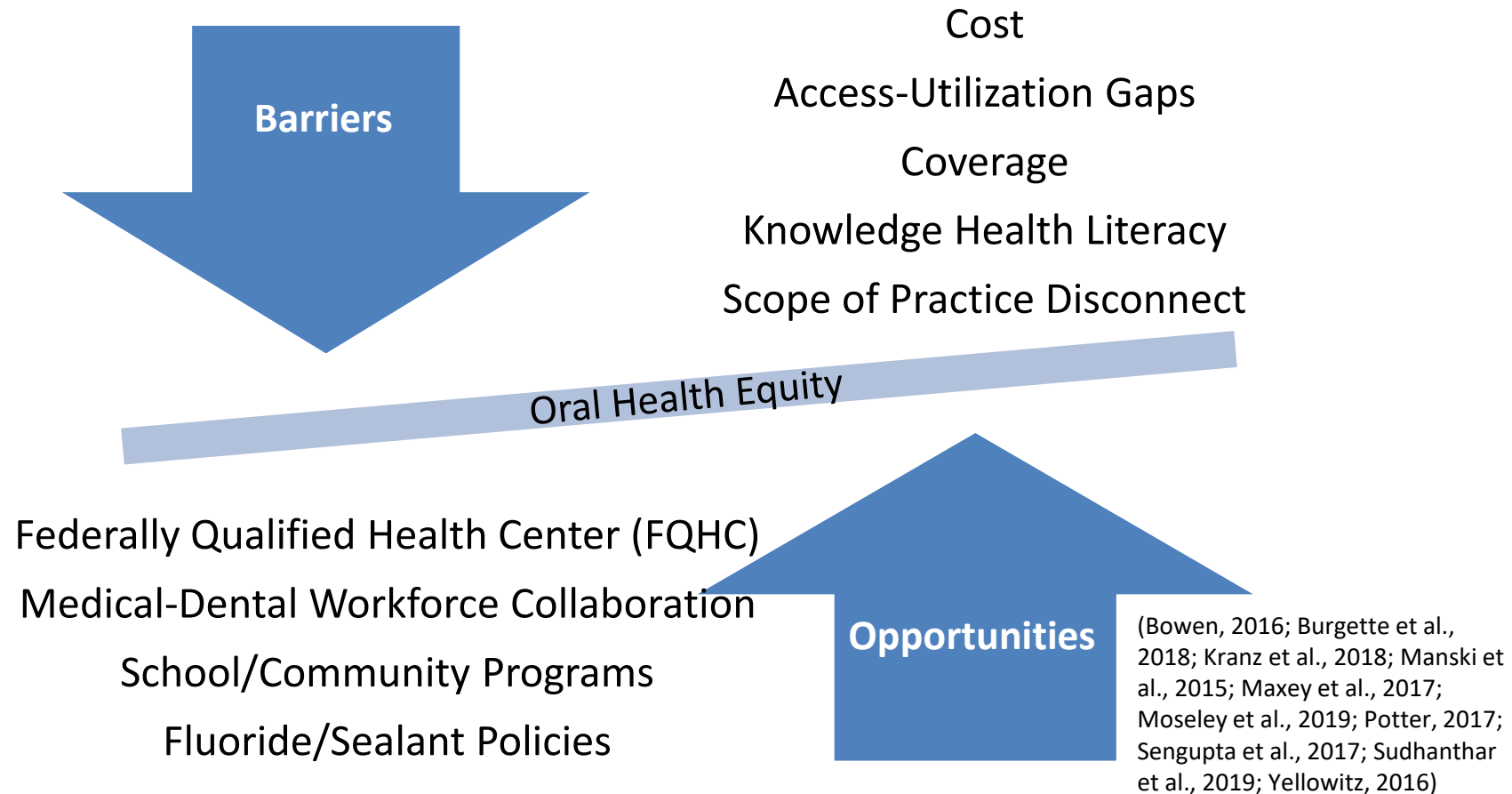


(medcentertmj.com/tmj-disorder-causes-treatments/why-does-my-jaw-hurt-when-i-eat/, n.d.)

- Pain
- Sleep & Eating difficulties
- Self-esteem
- Correlation to major conditions (i.e. Diabetes; cardiovascular disease [CVD])
- Absenteeism (school, work)
- Employment constraints
- School performance

(Bersell, 2017; Blake et al., 2015; Chestnutt, 2014; Dr. Aitkins, 2019; Griffin et al., 2016; Gulati & Cordaro, 2017; Heilmann et al., 2015; Johnson & Janssen, 2018; Mahat & Bowen, 2017; Meyer & Enax, 2018; Peres et al., 2019; Ready Set Smile, 2020c; VanArsdall & Aalboe, 2016; Zhang et al., 2018)

# Systemic Barriers and Opportunities Affecting Oral Health



# Prevention Strategies



- Fluoride Policies and Programs
- Sealant Programs
- Safety Net Programs
- Service Delivery Models
  - ☐ Mid-level professionals
  - ☐ FQHC
  - ☐ Primary Care
  - ☐ Co-located programs
  - ☐ Community Programs

- Education and Health Literacy
  - ☐ Clients
  - ☐ Families
  - ☐ Non-dental healthcare professionals
  - ☐ Non-family caregivers

(Arif et al., 2021; Benzian et al., 2020; Bhoopathi et al., 2018; Griffin et al., 2020; Gulati & Cordaro, 2017; Heilmann et al., 2015; Macek et al., 2017; Niederman et al., 2017; Peres et al., 2019; Simon, 2016; VanArsdall & Aalboe, 2016; WHO, 2020)

# Remediation Strategies

Did you know? Most dental conditions can be reversed or remediated through ...

## Hygiene Habits

- **Brush teeth** 2x/day for 2 minutes each time. Mouthwash after brushing
- **Floss daily** or every other day using a C-shape method
- **Use fluoride** toothpastes and fluoride rinses. Check the ingredients and American Dental Association (ADA)-approved brands.



## Prevention Strategies

- **Eat a well-balanced diet.** Reduce high sugar foods and frequent snacking.
- **Eliminate tobacco use.**
- **Fluoride** application and dental sealants. Drink fluoridated water.



(Dr. Aitkins, 2019; RSS, 2020a,b,c, f, & g)



# Interprofessional and Community-Based Collaboration Strategies

- Community-based oral healthcare teams
- Interprofessional education about oral health provided to team members and community members
- Professional program integration of oral health within their learning outcomes and education practices



(readysmile.org/stories, n.d.)

(Blake et al., 2015; Chestnutt, 2014; Healthy People 2030, n.d.; HHS, n.d.; MN Department of Health, n.d., WHO, n.d.)



# St. Kate's and Ready Set Smile – A Case Example



([linkedin.com/company/ready-set-smile.](https://www.linkedin.com/company/ready-set-smile/) n.d.)



ST. CATHERINE  
UNIVERSITY

([dshsrampage.org/1463/uncategorized/st-catherine-university/](https://dshsrampage.org/1463/uncategorized/st-catherine-university/), n.d.)

**Past partnership activities:** family education, professional scope and knowledge sharing

**Upcoming partnership activities:** integrated clinics, family education programming, and program evaluation

## Polling Question #3



What is your current level of knowledge related to dental caries and oral diseases and conditions?

- ☐ None
- ☐ A little
- ☐ Some
- ☐ A lot
- ☐ An extensive amount

## Polling Question #4



What is your current level of knowledge related to oral health nutrition and fluoride practice?

- ☐ None
- ☐ A little
- ☐ Some
- ☐ A lot
- ☐ An extensive amount

## Polling Question #5



What is your current level of knowledge related to the progression of oral health concerns across the life course?

- ☐ None
- ☐ A little
- ☐ Some
- ☐ A lot
- ☐ An extensive amount

## Polling Question #6



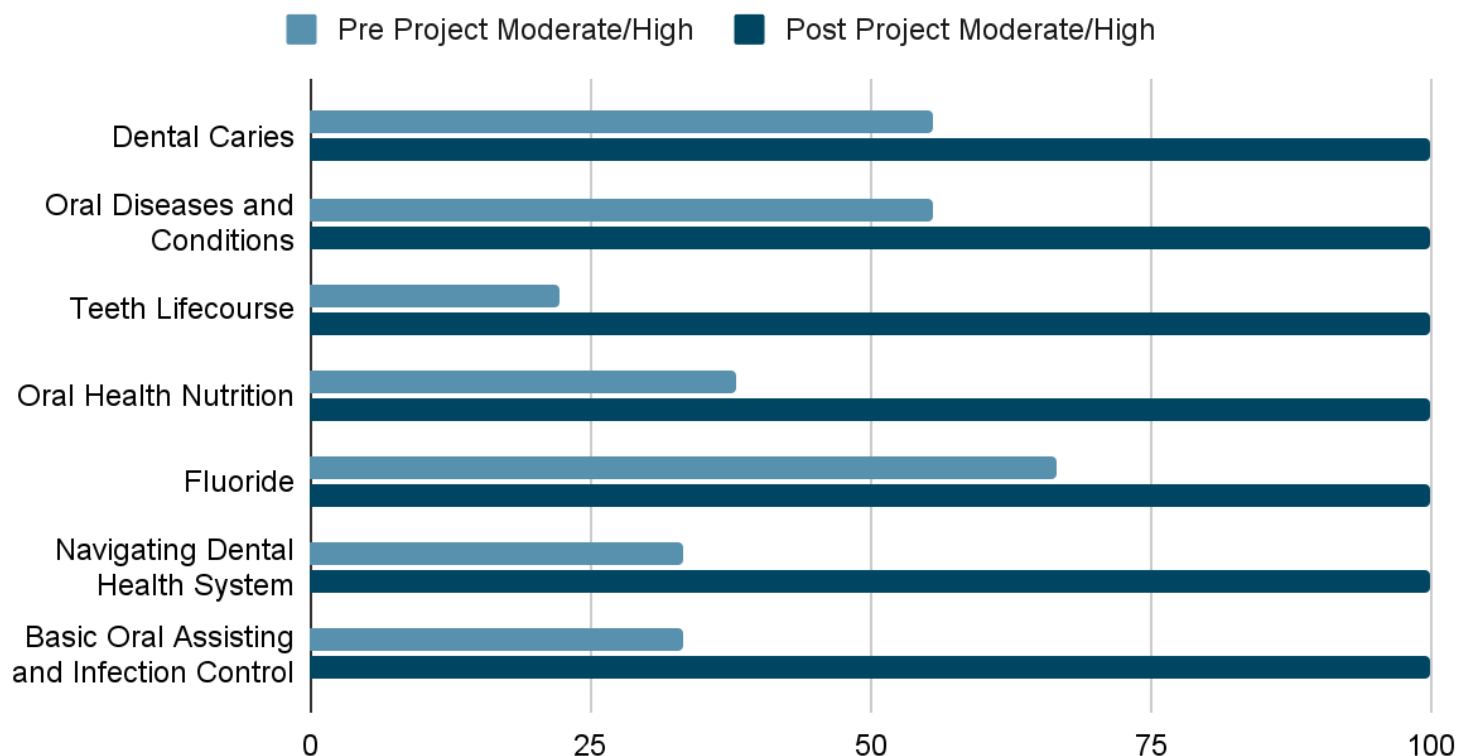
What is your current level of knowledge related to navigating the dental health system and assisting with oral health care needs of clients?

- ☐ None
- ☐ A little
- ☐ Some
- ☐ A lot
- ☐ An extensive amount

# Lessons Learned and Knowledge Gained



## Level of Self-Rated Knowledge In Topics



# Lessons Learned from Clients/Families

- Basic Needs First
- Health Literacy Level of Materials
- Bridge Gap Between Access and Utilization
- Impact of Oral Pain



# Action Steps



- Reimbursement models to support prevention services
- Additional team member lenses
  - ☐ Dental
  - ☐ Public Health
  - ☐ Nutrition
  - ☐ Occupational Therapy (OT)
- Education for non-dental healthcare practitioners
- Health literacy



# Polling Question #7



1. Share an opportunity you can participate in to collaborate with an oral healthcare professional for the care of your clients/patients.

OR

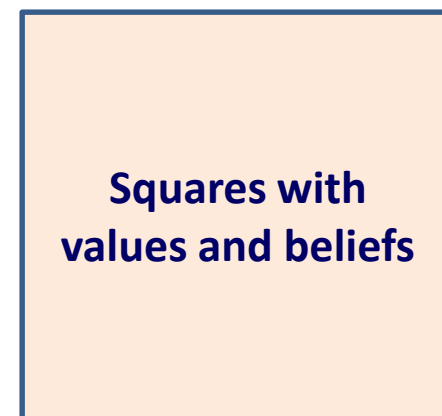
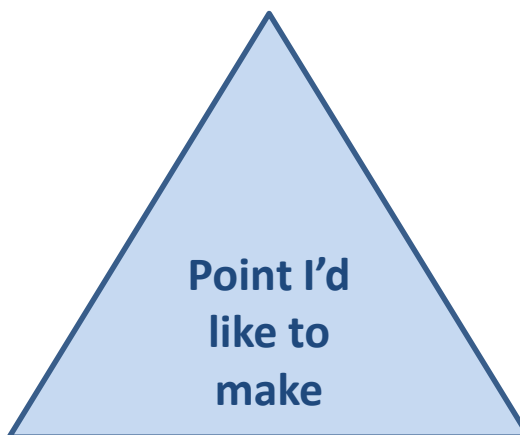
2. Share an opportunity where you can address oral health with your clients/patients in the next week.

## Polling Question #8



Please share one thing from this presentation that you will use in your daily/weekly practice moving forward.

# Interactive Brainstorm



# Key Takeaways



Oral health impacts all aspects of overall health and participation in daily life – all healthcare professionals have a role

Community based and co-located service options are crucial to addressing oral health inequities for the most vulnerable populations.

Interprofessional perspectives and lenses are needed to address systemic level barriers impacting oral health outcomes.

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1. Go to URL: <https://www.dhaj7-cepo.com/content/aug-2021-ccss-exploration-innovations-health-care>
2. Search for your course using the **Catalog**, **Calendar**, or **Find a course** search tool.
3. Click on the REGISTER/TAKE COURSE tab.
  - a. If you have previously used the CEPO CMS, click login.
  - b. If you have not previously used the CEPO CMS click register to create a new account.
4. Follow the onscreen prompts to complete the post-activity assessments:
  - a. Read the Accreditation Statement
  - b. Complete the Evaluation
  - c. Take the Posttest
5. After completing the posttest at 80% or above, your certificate will be available for print or download.
6. You can return to the site at any time in the future to print your certificate and transcripts at:  
<https://www.dhaj7-cepo.com/>
7. If you require further support, please contact us at: [dha.ncr.j7.mbx.cepo-cms-support@mail.mil](mailto:dha.ncr.j7.mbx.cepo-cms-support@mail.mil)