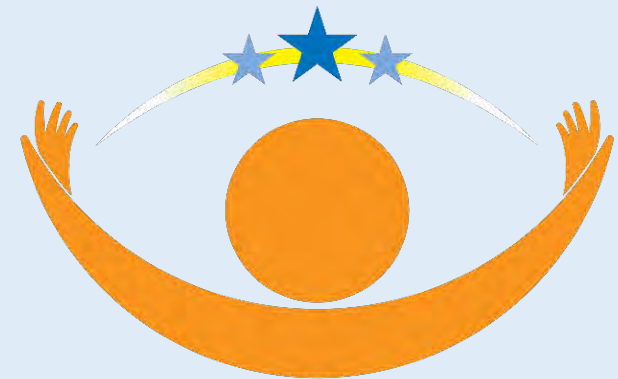


Feeling Good About Your Smile:

An oral health intervention for people with IDD

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Disability and Health Program
kansans with disabilities can be healthy

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Kansas Disability and Health Program *Kansans with disabilities can be healthy!*

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Agenda

- Background
- Development of “Feeling Good About Your Smile” Intervention
- Implementation in Kansas
- Evaluation Results
- Next Steps

Background

Disparities Disease Prevalence

Condition	Kansans with disabilities	Kansans without disabilities
Stroke	7.4%	1.4%
Heart Attack	9.2%	2.4%
High Cholesterol	47.3%	29.7%
Hypertension	51.1%	26.7%
Asthma	16.2%	6.7%
Diabetes	21.4%	6.8%
Depression	42.1%	4.0%

Source: 2017 Kansas BRFSS, <http://www.kdheks.gov/brfss/Survey2017/DataTableList2017.htm>

Kansas Disability and Health Program *Kansans with disabilities can be healthy!*

Background: Oral Health in Kansas

	Kansans with disabilities	Kansans without disabilities
No dental insurance*	46%	29%
Needed dental care in last year but did not get it*	24%	10%
Visited a dentist in the last year*	54%	72%

	Kansans with IDD	All Kansans
Missing at least one permanent tooth due to decay or gum disease**	44%	34%
Painful aching**	40%	20%
Uncomfortable to eat**	36%	17%

Interventions:

- **Training for oral health professionals on working with people who have disabilities**
- ***Feeling Good About Your Smile Workshops* for Kansans with intellectual disabilities**

*Kansas BRFSS, 2017 ; **Hall, Chapman & Kurth, 2012

Feeling Good About Your Smile Intervention



- Partnership with Oral Health Kansas
- 90-minute hands-on workshop is designed to improve oral health for people with intellectual/developmental disabilities
- Maximum participants in workshop = 10
- Inclusion of support staff is required
- A certified dental hygienist leads hands-on activities to teach participants about:
 - cavity-causing bacteria and how to remove them
 - how to choose tooth-healthy foods and snacks
 - causes of cavities and the best ways to prevent them

Implementation in Kansas

- Registered Dental Hygienists (RDH) deliver workshops
- Trained by Oral Health Kansas: watch one, lead one with supervision
- 3 trained RDHs currently, 2 more to be trained in December
- RDHs and KS DHP coordinate with service providers to schedule workshops as requested
- 14 workshops in 10 locations (urban and rural), 2017-Present

Fidelity and Evaluation

- Pre/post test
- Post includes satisfaction items
- Trial of a 3-month follow-up

First Name: _____
Age: _____






Questions about You and Your Teeth

Please **circle** response.

1. Do you brush your teeth every day? **No** **Yes**

2. Can a cavity make your teeth hurt? **No** **Yes** **I don't know**





3. When you are thirsty during the day, which **ONE** of these do you choose to drink?

 Milk  Water  Energy or sports drink  Fruit juice  Soda pop







4. Do all people have germs in their mouth? **No** **Yes** **I don't know**

5. Have you gone to the dentist in the last 12 months? **No** **Yes** **I don't know**

6. When do you usually brush your teeth?



 I do not brush my teeth  morning  night  both morning and night


7. Circle the foods that can cause cavities or holes in your teeth.

 Apple  Cheese  Candy bar  Juice  Nuts  Cookies

8. In the past year, have you needed dental care but did not get it? **No** **Yes** **I don't know**

9. Which of these pictures shows the amount of toothpaste you use to brush your teeth?

I don't know  




10. If you drink something sugary is it best for your teeth if you drink it all at once or sip it throughout the day?

I don't know **All at once** **Throughout the day**

Feeling Good about Your Smile

Workshop Fidelity Checklist



Date: _____ Start Time: _____ End Time: _____
Agency: _____ Location: _____
Number of Participants: _____ Number of Assistants: _____ Trainer: _____

Workshop Preparation		
Trainer reviewed PowerPoint prior to workshop.	Yes	No
Trainer checked supplies prior to workshop.	Yes	No
Confirmed # participants and assistants prior to workshop	Yes	No
Confirm that participants are eligible to participate in the workshop	Yes	No
Notes:		
Workshop Activities		
Trainer arrives 30 minutes prior to workshop to set up	Yes	No
One set of materials set out for each participant/assistant pair	Yes	No
Pre-test is given to each participant- name and age written on each test	Yes	No
Trainer used projector or laminated slides of the PowerPoint	Yes	No
Trainer explained cavities and acid attacks to participants in plain language	Yes	No
Activity to simulate acid attacks completed with participants	Yes	No
Trainer discussed how drinking sugary drinks all at once is better than all day	Yes	No
Trainer discussed that germs love sugar and what snacks that are good for teeth	Yes	No
Every Day and Special Day Foods activity was completed with participants	Yes	No
Trainer explained how acid attacks are stopped- Brushing teeth AM and PM	Yes	No
Activity to disclose food and plaque on teeth completed with participants	Yes	No
Activity to practice pea-sized amount of toothpaste on index cards completed with participants	Yes	No
How to correctly brush teeth is demonstrated	Yes	No
No spitting or rinsing after brushing teeth is discussed with participants	Yes	No
Activity to practice correct toothbrushing is completed with participants	Yes	No
Trainer reviews the concepts taught and demonstrated during workshop	Yes	No
Each participant receives a mirror cling that demonstrates steps to brushing	Yes	No
Each participant receives a toothbrush and travel size tube of toothpaste	Yes	No
Post test is administered to each participant-name is written on each test	Yes	No
Notes:		

Trainer Fidelity Checklist

Participant Demographics

Workshop Participants, n=150	n	%
Individual with IDD	114	76.0
Support staff	36	24.0
Participants with IDD, n=114		
Female	71	62.3
Male	43	37.7
Missing some teeth	22	19.3
Visited a dentist in the last 12 months (n=104)	86	82.7
Needed dental care in the last 12 months, but did not get it (n=101)	43	42.6
Mean age = 38.8 years; Range = 16-77		

Evaluation Results

(n=114)

83.3% participants improved on at least one item between pre and post

Behaviors	Correct Response on Pre	Correct Response on Post
Brush teeth at least 1x day	78.1%	86.4%
Brush teeth am and pm	50.0%	87.7%
Knowledge		
Do all people have germs in their mouth?	54.4%	71.9%
Can a cavity make your tooth/teeth hurt?	57.0%	70.4%
If you drink something sugary is it best for your teeth to drink it all at once or throughout the day?	15.8%	61.4%
Which picture shows the amount of toothpaste you use/will use to brush your teeth?	50.9%	58.8%
Which foods can cause cavities/holes in your teeth?	26.3%	70.2%
When you are thirsty which ONE do/will you choose to drink? Those that chose water.	35.0%	61.4%

What participants have to say about Feeling Good...

- “I wish someone would have told me this before. Why didn’t my dentist teach me all this?”
- “I learned how not taking care of my teeth can make other parts of my body sick.”
- “I want all of my friends to take this class too.”
- “I learned sugar is bad for my teeth.”

Conclusion

Kansas Sustainability Plan

- Train more dental hygienists
- Partner with more Community Development Disability Organizations
- Partner with County Health Departments

Interested in learning more?

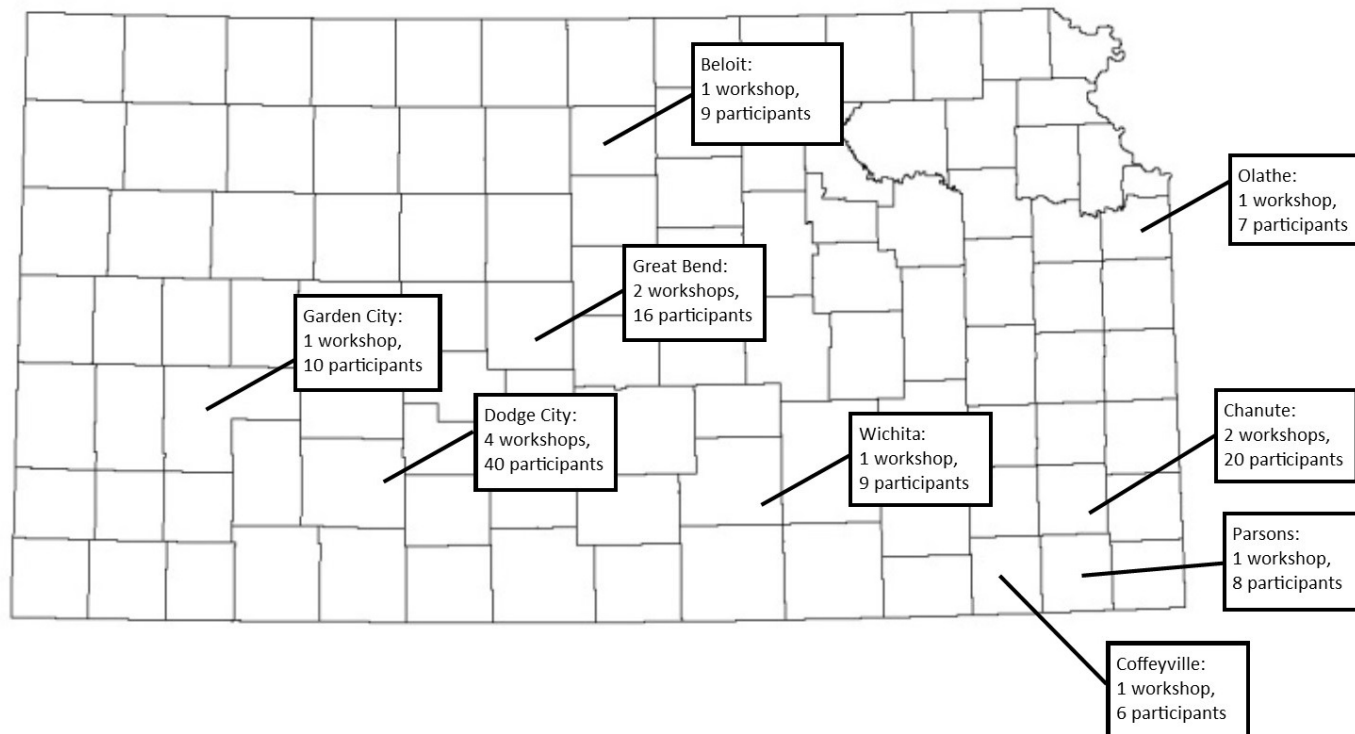
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(SLIDE ADDED POST-PRESENTATION per request of Lisa Sinclair)

Feeling Good About Your Smile Intervention in Kansas



(as of 12/31/19)