Best Practices for Oral Health Assessments for School Nurses

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Objectives

• Upon completion of this presentation, the learner will be able to:
  • 1. Describe the impact of poor oral health on school performance
  • 2. Evaluate the oral health status of school age children
  • 3. Design activities that promote oral health in school age children
  • 4. Implement oral health strategies to improve the oral health status of school age children
Our World

What we want to see

What we sometimes see

This is preventable!
School Nurses Reports

- School nurses have reported an array of dental problems including but not limited to:
  - Dental caries
  - Gingival disease
  - Malocclusion
  - Loose teeth
  - Oral trauma
The “Measure” of School-Age Children’s Oral Health Status

- 51 Million School Hours are lost each year due to dental related illnesses
- In 1996, Children and Adolescents 5 to 17 years old missed 1,611,00 school days – An average of 3.1 days per 100 students
- Children from low income families had 12 times the amount of missed school days compared with children of higher income families
Impact of Dental Decay

- Results in problems with eating, speaking and learning
- Impaired speech and speech development
- Inability to concentrate in school
- School absence
- Reduced self-esteem
- Failure to Thrive
Impact of Dental Decay (continued)

- Dental problems may affect the child’s mental and social well being
- Nutritionally inadequate diet if the child cannot chew properly
- Keep the story of Deamonte Driver in the forefront of your care:
  - Feb 28, 2007 – Twelve-year-old Deamonte Driver died of a toothache Sunday. ... www.washingtonpost.com › Metro › MarylandSimilar
For want of a dentist
Maryland boy, 12, dies after bacteria from tooth spread to his brain

Linda Davidson / The Washington Post

Deamonte Driver, aged 12, is shown with his mother, Alyce, at Children’s Hospital in Washington, D.C., after emergency brain surgery.

By Mary Otto

WASHINGTON - Twelve-year-old Deamonte Driver died of a toothache Sunday.
Outcomes of Dental Treatment

• When acute dental problems are treated, and the child is pain free, learning and school attendance has been shown to improve
Oral Health Screenings

• Oral health care is a critical component of health care
  – Through oral health screenings, assessments, and referrals, we can work together to ensure all our children are healthy to succeed in school
Pattern of Tooth Eruption

Tooth eruption chart

First teeth chart

- Upper Teeth
  - Central Incisor
  - Lateral Incisor
  - Canine (Cuspid)
  - First Molar
  - Second Molar
  - Erupt
    - 8-12 Months
    - 9-13 Months
    - 16-22 Months
    - 13-19 Months
    - 25-33 Months

- Lower Teeth
  - Second Molar
  - First Molar
  - Canine (Cuspid)
  - Lateral Incisor
  - Central Incisor
  - Erupt
    - 23-31 Months
    - 14-18 Months
    - 17-23 Months
    - 10-16 Months
    - 6-10 Months

Permanent teeth chart

- Upper Teeth
  - Central Incisor
  - Lateral Incisor
  - Canine (Cuspid)
  - First Premolar (first bicuspids)
  - Erupt
    - 7-8 Years
    - 8-9 Years
    - 11-12 Years
    - 10-11 Years
    - 10-12 Years
    - 6-7 Years
    - 12-13 Years
    - 17-21 Years

- Lower Teeth
  - Third Molar (wisdom tooth)
  - First Molar
  - Second Molar
  - Canine (Cuspid)
  - Lateral Incisor
  - Central Incisor
  - Erupt
    - 17-21 Years
    - 11-13 Years
    - 6-7 Years
    - 11-12 Years
    - 10-12 Years
    - 9-10 Years
    - 7-8 Years
    - 6-7 Years
Tooth Development
What is healthy?

- Coral pink in color
- Stippled
- Knifelike margins
- Firm consistency
Recognizing Oral Disease
White Spot Lesions

• The earliest sign of a new carious lesion is the appearance of a chalky white spot on the surface of the tooth, indicating an area of demineralization of enamel.
Early Childhood Caries (ECC) (Baby Bottle Tooth Decay, Nursing Caries)

ECC is the presence of 1 or more decayed, missing, or filled tooth surfaces in any primary tooth in a child 71 months of age or younger.
Basic Oral Health Care

• When do we begin to clean the teeth?
• The methods for cleaning teeth are based on the age of the child and the manual dexterity of the child
• How do we brush teeth?
• To floss or not to floss?
Oral Hygiene for Infants

• Begin cleaning the gums even before the first tooth erupts
What to use?

- Finger tender
- Gauze
- Clean washcloth
- Infant toothbrush
Positioning for Oral Hygiene

- Child’s head in lap of dentist or caregiver doing the cleaning.
Cleaning

- Wipe ridge of the baby’s upper and lower jaw
- Wipe teeth
- Use only water
Pre-schooler
Type of children’s toothbrush

- Soft, nylon bristle brush
- Sized to fit
Scrub technique

STROKE EVERY TOOTH INDIVIDUALLY.

on the outside
on the chewing surfaces
on the inside surfaces
Reason for scrub technique is based on:

- Child’s manual dexterity
Modified Bass Technique
Should children floss?

An essential to good oral health

Flossing daily removes plaque and food particles between teeth and below the gumline. Teaching your children to floss is essential to their oral health. You will have to help your youngest children floss. You should start flossing your child's teeth even when they have only their primary teeth. To floss properly, wrap an 18-inch strand of floss around your middle fingers and hold a one-inch section tightly, then...

1. Ease floss between teeth. Gently clean up and down several times while curving around teeth at the gumline.

2. Always floss behind the last tooth. Unwind clean floss as you proceed.

3. Be careful not to push floss into the gums.

Source: Crest Dental ResourceNet
Flossing Devices
When to floss?

- Contacts between posterior teeth start to close between 3 and 4 years.
- Open contacts may linger until eruption of permanent first molars.
- Parent will need to floss for patient until s/he acquires adequate dexterity.
Fluoride Sources

Water
Fluoridation
74% of US population

Fluoride toothpaste

Over the Counter

Professionally applied
Bottled Water

• Poland Springs 0.1 ppm
• Evian Natural Spring 0.11 ppm
• Granite State Spring Water 0.25 ppm
• Perrier Water 0.15 ppm

– 1.0 ppm is adequate fluoridation
  • (.7 ppm)
Fluoridated Toothpaste
Smear vs. Pea-sized amount
Diet & Dental Health
Factors linked to diet & dental health

- Frequency of eating
- Physical characteristics of food
- Time needed to eat the food
- When the food is eaten
- What is eaten along with the food
Grape Soda: 32 grams of sugar
Common Oral Injuries at School
Oral Trauma

• Tooth appears darkened
• Follow-up with dentist
• Should be continually monitored
Avulsed Primary Tooth

- Gently clean area
- May have a large amount of bleeding
- **Do not re-implant** but try to locate the tooth
- Follow-up with dentist
Avulsed Permanent Tooth

- Locate tooth, rinse gently (Do Not Scrub)
- Place in solution of “Save-a-Tooth”, milk, saliva, water
- Refer to dentist immediately

Hanks Balanced Salt Solution
Intruded Teeth

- Tooth appears shortened w/bleeding around gingiva
- Gently clean area
- Follow-up with dentist
Extruded Tooth

- Tooth appears longer with bleeding around the gingiva
- Gently clean area
- Follow-up with dentist
Chipped or Fractured Tooth

- Rinse the mouth with water
- Apply cold compresses to reduce swelling
- Try to find the broken tooth fragment and bring to the dentist
Prevention for Sports Related Injuries

- **Mouthguards**
  - Stock
  - Boil & Bite
  - Custom Fitted
Unusual Things
Extra Teeth
Fused Teeth
Jewelry of the Teeth
Resources

- *Just Going to the Dentist* by Mercer Mayer
- *Show Me Your Smile! A Visit to the Dentist* (image of Dora)
- *The Berenstain Bears Visit the Dentist* by Stan & Jan Berenstain
- *Brush Your Teeth Please* (image of a lion brushing teeth)
Free Publications

• FREE publications from the NIDCR, up to 50 copies available in English and Spanish

• https://www.nidcr.nih.gov/orderpublications/
Resources for parents

• Sesame Street’s Healthy Me, Healthy Teeth Campaign
  – http://www.sesamestreet.org/teeth
  – http://youtu.be/QIAFcSDk4s0
Toothbrushing Charts

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Oral Health Exam: Normal and Abnormal Findings

- Examples of What School Nurses are Assessing
Child under 5 yrs of age
Early Childhood Caries (ECC)

• One or more decayed, missing or filled teeth due to decay in a child 71 months or younger.

• Refer
White Spot Lesions
Trauma
Abscess
Staining
Mucocele

• Swelling of connective tissue consisting of collected mucin due to a ruptured salivary gland duct usually caused by local trauma – ie: lip bite
Tongue-tie/Ankyloglossia

• Tongue-tie (ankyloglossia) is a birth defect in which the tissue that attaches the tongue to the bottom of the mouth (lingual frenulum) is abnormally short. Movements of the tongue may be restricted, depending on the degree of attachment to the mouth.
• Refer if effecting speech, eating, etc.
Normal or Not?
Normal Pigmented Gingiva
Blueberry-itis
How can school nurses help prevent tooth decay?
Questions???

The End