Perinatal Oral Health Collaborative Practice

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Goals of this webinar

- The Oral Health Section brings perinatal collaborative practice techniques to your work.
- You bring your perinatal collaborative practice work techniques to the Oral Health Section.

This is a WIN= WIN
LEARN=LEARN experience!

Today's Agenda

- NC successful medical-dental partnerships
- Background
- National Consensus Statement
- Creating a collaborative practice
- UNC's pOHP template
- What does the medical team do?
- What does the dental team do?
- Resources

Collaborative Practice

- Medical-dental partnerships are not new to the Oral Health Section, and they may not be new to your community practice.
- North Carolina's Into the Mouths of Babes (IMB) is a highly successful collaborative practice program aimed to prevent early childhood caries in infants and toddlers.

Into the Mouths of Babes (IMB)

- Medical-dental-public health collaboration
- 48% of well-child visits
- Four IMB visits before age three for maximum benefit
- More work needed on linking to dental home (attend next webinar!)

Collaborative Practice Template

- Just as infants and toddlers see a medical provider regularly to monitor growth and development, pregnant women regularly visit their prenatal medical provider to monitor the progression of their pregnancy.
- This offers the opportunity to create another inter-professional partnership to assure each pregnant woman has a medical home and a dental home.
- The Section calls this developing program Into the Mouths of Moms (IMOM).

Background: Pregnant Women

- Many do not understand that oral health care is an important component of a healthy pregnancy
- Belief that poor oral health status during pregnancy is normal
- Often do not seek or receive oral health care: 44% visit a dentist during pregnancy*

*Oral health care during pregnancy and through the lifespan. Committee Opinion No. 569. American College of Obstetricians and Gynecologists. Obstet Gynecol 2013;122:417-22.

Background: Health Professionals

- Many do not understand that oral health care is an important component of a healthy pregnancy
- Lack of routine assessment of pregnant women's oral health status by perinatal medical professionals and referrals to oral health professionals
- Oral health professionals tend to postpone providing oral health care to pregnant women

Importance of Oral Health Care During Pregnancy

- Educating pregnant women about preventing and treating dental caries is critical.
- Most young children acquire caries-causing bacteria from their mothers.*
- Counseling may reduce transmission of bacteria from mothers to young children, thereby delaying or preventing onset of caries.

*Oral health care during pregnancy and through the lifespan. Committee Opinion No. 569. American College of Obstetricians and Gynecologists. Obstet Gynecol 2013;122:417-22.

In Response

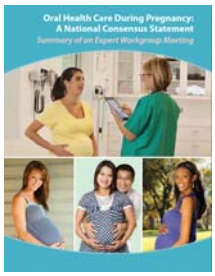
- Several states created guidelines for oral health care during pregnancy
- Educational resources were created
- Many national organizations have issued statements and recommendations created to improve oral health care during pregnancy

Consensus Development Expert Workgroup Meeting

- Convened by the Health Resources and Services Administration in collaboration with the American College of Obstetricians and Gynecologists (ACOG) and the American Dental Association (ADA)
- Met on October 18, 2011, in Washington, DC
- Reviewed policies, literature, and guidelines on oral health care during pregnancy
- Identified common ground to increase health professionals' awareness of importance and safety of oral health care during pregnancy

National Consensus Statement: Purpose

- Help health professionals improve the provision of oral health care services during pregnancy
- Bring about changes in the health-care-delivery system
- Improve the overall standard of care



National Consensus Statement: Key Messages

- Pregnancy is a unique period characterized by physiological changes, which may adversely affect oral health.
- Oral health is key to overall health and well-being.
- Preventive, diagnostic, and restorative dental treatment is safe throughout pregnancy.

Interested in Creating a Partnership?

- Many local health departments provide medical and dental care to pregnant women
- This co-location can create strong collaborative practices very quickly
- UNC School of Dentistry offers a Pregnancy Oral Health Program curriculum online, pOHP, for medical and dental providers and their pregnant patients. We will use this as a template today

Interested in Creating a Partnership?

- Communication is key!
- You will work together to:
  - Identify champions
  - Determine referral processes
  - Counsel/educate pregnant patients with consistent messaging
    - NMCOHRC has free materials (links later)
    - UNC's pOHP videos for pregnant women

Steps using pOHP

- Choose a dental and perinatal champion from each office to plan and lead the process
- Plan a 2-hour 'lunch & learn' with dental and perinatal clinic providers and staff
  - View pOHP medical and dental team videos together
  - Discuss and determine referral processes
  - Will you include other medical/dental practices from your community? If yes, now or later?
  - Consider convening a community advisory committee

http://www.prenataloralhealth.org/index.php

- pOHP website: create login
- Use Dashboard to navigate
- pOHP referral forms:
  - Referral Form: medical to dental office
  - Follow-up Report card: dental to medical office
- Form transfer?
  - Fax
  - Scan and email
  - Hand deliver

Guidance for Perinatal Medical Providers

- Assess pregnant women's oral health status.
- Advise pregnant women about oral health care.
- Work in collaboration with oral health professionals.

Guidance for Perinatal Medical Providers

Assess Pregnant Women's Oral Health Status during initial prenatal evaluation

- Take oral health history and ask about problems (e.g., swollen or bleeding gums, untreated tooth decay, mucosal lesions, signs of infection (pain), or trauma).
- Document findings in the medical record/pOHP referral form and refer as needed.

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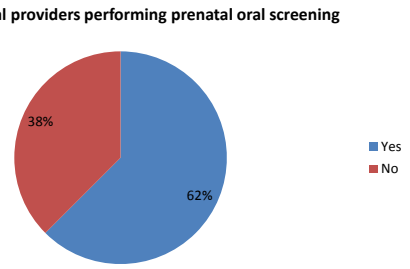

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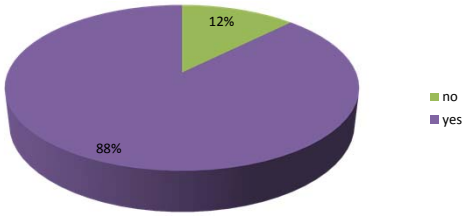

Guidance for Perinatal Medical Providers

Advise Pregnant Women About Oral Health Care

•Reassure women that oral health care is safe throughout pregnancy.

•Advise women about scheduling appointment with a dentist and provide referral, if needed.

•Encourage women to seek oral health care, practice good oral hygiene, eat healthy foods, and attend prenatal classes during pregnancy.

•Counsel women to follow oral health professionals' recommendations.

Guidance for Perinatal Medical Professionals

Improve Health Services in the Community

- Include questions about oral heath on the prenatal patient-intake form.
- Establish partnerships with community-based programs.
- Provide a referral to a nutrition professional if counseling would help.
- Integrate oral health topics into prenatal classes
- Provide culturally and linguistically appropriate care.

Smiles for Life: A National Oral Health Curriculum

- http://www.smilesforlifeoralhealth.org
- Integration of oral health and primary care
- Endorsed by national dental and medical organizations
- Oral Health and the Pregnant Patient: Course 5
- Total of 8 courses offered for free CE credit

Bust these Myths!

- "Oh well- gain a child, lose a tooth!"
- "Of course I have cavities- my baby took all the calcium from my teeth!"
- "I don't have to go to the dentist: I'm pregnant!"

Guidance for Oral Health Professionals

Assess Pregnant Women's Oral Health Status

- Take oral health history.
- Review medical and dietary histories, including use of tobacco, alcohol, and recreational drugs.
- Perform comprehensive oral examination
- Take radiographs when clinically indicated.

Guidance for Oral Health Professionals

Advise Pregnant Women About Oral Health Care

- Reassure pregnant women that oral health care is safe during pregnancy, including
  - Radiographs
  - Pain medication
  - Local anesthesia
- Encourage women to seek oral heath care, eat healthy foods, and attend prenatal classes.

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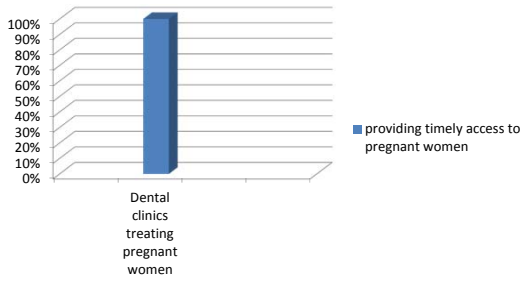

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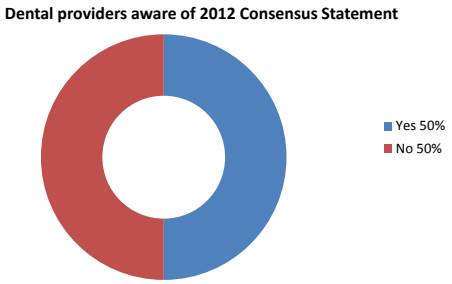

Guidance for All Health Professionals to Share with Pregnant Women

Tips for Good Oral Health During Pregnancy and After the Baby Is Born

- Establish a dental home for yourself now, and for your baby by one year of age.
- Stop use of alcohol, tobacco products, recreational drugs, and avoid secondhand smoke.
- Rinse with a teaspoon of baking soda in a cup of water after vomiting or reflux. Do not brush right away.
- Floss and brush with fluoridated toothpaste twice daily.
- Breastfeed your baby.
- Begin brushing your baby's first tooth with a smear of fluoridated toothpaste twice daily.

Great one-pagers from OHRC!

- http://mchoralhealth.org/PDFs/OralHealthPregnancyHandout.pdf
- http://mchoralhealth.org/PDFs/HHHS_Pregnancy.pdf
- http://mchoralhealth.org/PDFs/pregnancybrochure.pdf

National Maternal & Child Oral Health RESOURCE CENTER

What we don't know (yet):

- How to make EHRs talk to each other
- How to prevent broken appointments
- How to reduce demand for cosmetic dentistry
- How to contact those who choose not to be contacted

It's about logistics….

- You are the experts on pregnancy and oral health.
- How can you work together, with your communities, for healthier pregnant women, infants, and children?
- How may we help you?

Questions?

Speaker Contact Information

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http://www.mchoralhealth.org

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