

# **IMPROVING THE ORAL HEALTH OF YOUNG CHILDREN FLUORIDE VARNISH TRAINING MATERIALS AND ORAL HEALTH INFORMATION FOR CHILD HEALTH CARE PROVIDERS**

## **ORAL HEALTH AS A ROUTINE STANDARD OF CARE FOR INFANTS AND YOUNG CHILDREN**

Dental caries is the most prevalent chronic disease among US children, with over 40% of all children experiencing tooth decay by the time they reach kindergarten. Early childhood caries (ECC), formerly called baby bottle tooth decay or nursing bottle mouth, is a virulent form of dental caries disease in young children under six years of age that, in the majority of cases, must be treated in a hospital setting. Oral health is an integral component of a child's overall health and well-being. Without effective interventions, dental caries in young children can result in the loss of tooth structure and early tooth loss, inadequate tooth function, chronic pain, infection, medical complications, hospitalizations, impaired speech development, poor nutrition and resultant failure to thrive or impaired growth, inability to concentrate in school and missed school days.

The American Association of Pediatrics, American Association of Pediatric Dentistry, and American Dental Association recommend infants have their first dental visit no later than one year of age. By incorporating oral health screenings, caries risk assessments, parental guidance and fluoride varnish applications into well baby visits as a routine standard of care, child health providers will be helping their young patients to achieve optimal oral health and preventing or minimizing the serious health consequences of rampant decay.

## **FLUORIDE VARNISH TRAINING PROGRAMS**

The following training resources provide a concise overview of how to perform an oral examination, conduct an oral health risk assessment and apply fluoride varnish. These training programs were developed by the American Academy of Pediatrics, Society of Teachers of Family Medicine, and several State dental programs that reimburse child health care providers for the application of fluoride varnish. In most cases, continuing education credits are available upon completion of training; where applicable, information on how to apply for continuing education credits is included in the resource. Many states require completion of training for reimbursement.

## APPLICATION OF FLUORIDE VARNISH



Oral Health Risk Assessment:  
Training for Pediatricians  
and Other Child  
Health Professionals

### [Web-Based Training Program](#)

**Oral Health Risk Assessment: Training for Pediatricians and Other Child Health Professionals.** American Academy of Pediatrics

This training program provides an overview of dental caries and early childhood caries, the pathogenesis of caries, how to perform an oral examination, signs of early childhood dental caries in children aged 0 to 3 years, how to conduct an oral health risk assessment, fluoride varnish application, caries prevention strategies, and oral health education for families. Continuing education credits are provided.

<http://www.aap.org/compeds/dochs/oralhealth/cme/>

Smiles for Life: A National Oral Health Curriculum <sup>3rd</sup> edition



Smiles for Life  
A national oral health curriculum

**[Smiles for Life](#): A National Oral Health Curriculum 3<sup>rd</sup> edition, for clinicians and educators.**

Smiles for Life is a national oral health curriculum now in its third edition this curriculum is designed to enhance the role of primary care clinicians in the promotion of oral health for all age groups through the development and dissemination of high-quality educational resources.

Developed by the Society of Teachers of Family Medicine Group on Oral Health

<http://www.smilesforlife2.org/default.aspx?tut=555&pagekey=62948&s1=1097566>

Early Childhood  
Oral Health

PRIMARY  
CARE  
PROVIDERS  
What You Need to Know About Fluoride Varnish and How You Can Promote Early Childhood Oral Health



NYC  
Health  
nyc.gov/health

**[Early Childhood Oral Health](#): NYC Primary Care Providers: What You Need to Know About Fluoride Varnish and How You Can Promote Early Childhood Oral Health.**

A publication for primary care providers. Promote early childhood oral health in primary care. Further describes the oral examination, assessing Caries Risk, Applying Fluoride varnish, Reimbursement, Ordering fluoride varnish and additional resources and parent fact sheets,

New York City: Department of Health and Mental Hygiene

<http://www.nyc.gov/html/doh/downloads/pdf/hca/hca-fluoride-varnish.pdf>

## APPLICATION OF FLUORIDE VARNISH Continued



Module 1: The Etiology and Prevention of Dental Caries  
Module 2: Strategies for Prevention  
Module 3: The Dental Health Screening  
Module 4: The "Lift the Lip" Examination  
Module 5: The Fluoride Varnish Application Procedure  
Module 6: The Billing Process Module  
Module 7: Conclusion  
Updated: December 5, 2009

### [Web-Based Training Program: Dental Health Screening and Fluoride Varnish Application](#)

#### **Dental Health Screening and Fluoride Varnish Application**

University of Minnesota

This comprehensive web-based training program covers etiology and prevention of dental caries to billing process

<http://www.oralhealthzone.umn.edu/>



### [Power Point: Connect Oral Health to Every Child's Medical Care](#)

Massachusetts Department of Public Health - Office of Oral Health

This training program covers the etiology of oral diseases, the relationship between systemic and oral health, procedures for performing oral health assessments, oral disease prevention strategies, and instructions on the application of fluoride varnish.

[http://www.mass.gov/Eeohhs2/docs/dph/com\\_health/oral\\_disease\\_fluoride\\_varnish\\_training.ppt](http://www.mass.gov/Eeohhs2/docs/dph/com_health/oral_disease_fluoride_varnish_training.ppt)



American Academy of Pediatrics  
Illinois Chapter

### [Video: Bright Smiles From Birth](#)

American Academy of Pediatrics, Illinois Chapter

This training video shows real life examples of physician applying varnish on young children. Filmed at Advocate Hope Children's Hospital in Oak Lawn Illinois the video shows how quick and easy the procedure can be in an office setting. This video will be used to supplement the Bright Smiles from Birth Curriculum and will be used at all trainings.

<http://illinoisAAP.org/2010/08/bright-smiles-from-birth-training-video/>

## APPLICATION OF FLUORIDE VARNISH Continued

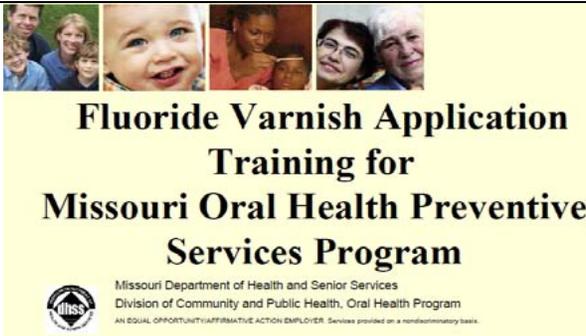


### [Video First Smiles: Oral Health Assessment](#)

California Dental Association and Dental Health Foundation

This video shows a medical team making an oral health assessment as part of assessing the child's overall health. It illustrates that while examining the head, ears, nose and throat, stopping in the mouth to assess the teeth, before proceeding to the throat. One segment shows the application of fluoride varnish.

[http://www.first5oralhealth.org/page.asp?page\\_id=286](http://www.first5oralhealth.org/page.asp?page_id=286)

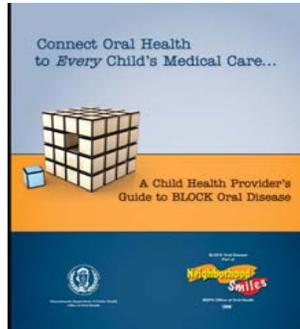


### [Varnish Application Training](#)

1. Describe the four basic components of the
2. Preventive Services Program (PSP).
3. Understand why fluoride varnish is used as a decay-preventive agent.
4. Explain the materials necessary to apply fluoride varnish.

[http://mohealthysmiles.typepad.com/Fluoride\\_Varnish\\_App\\_Training.pdf](http://mohealthysmiles.typepad.com/Fluoride_Varnish_App_Training.pdf)

## ORAL HEALTH TRAINING MATERIALS FOR HEALTH PROFESSIONALS



### **BLOCK Oral Disease Toolkit**

Massachusetts Department of Public Health - Office of Oral Health

The Toolkit is a comprehensive resource for child health providers that offers an overview of oral health, including but not limited to oral disease etiology, a pictorial digest of oral diseases as they relate to systemic diseases, multi-lingual anticipatory guidance for parents and caregivers, as well as other useful tools to assist child health providers incorporate oral health into their medical practice.

To learn more about the BLOCK Oral Disease Toolkit, please contact Lynn Bethel, Director of the Office of Oral Health at 617-624-6074 or [Lynn.Bethel@state.ma.us](mailto:Lynn.Bethel@state.ma.us).



### **Open Wide: Oral Health Training for Health Professionals**

National Maternal and Child Oral Health Resource Center

Series of four modules designed to help health and early childhood professionals promote oral health, with information about tooth decay, risk factors, prevention, and anticipatory guidance to share with parents.

<http://www.mchoralhealth.org/OpenWide/index.htm>



### **A Health Professional's Guide to Pediatric Oral Health Management**

National Maternal and Child Oral Health Resource Center

This curriculum provides information on performing oral screenings to identify infants and children at increased risk for oral health problems, offering referrals to oral health professionals, and providing parents with anticipatory guidance.

<http://www.mchoralhealth.org/Toolbox/professionals.html>



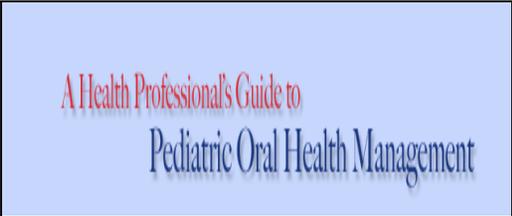
### **Pediatric Office Guide to Oral Health Care**

Seattle Children's Hospital and Regional Medical Center

This guide helps primary care physicians check for early childhood caries. Topics include toothbrushing, toothpaste, healthy food choices, and fluoride and assist physicians in talking with parents about oral health. Pictures illustrate what to look for during visual inspection, and descriptions of the appearance of mild, moderate, and severe tooth decay are included.

[http://www.seattlechildrens.org/pdf/oral\\_health\\_guide.pdf](http://www.seattlechildrens.org/pdf/oral_health_guide.pdf)

## GUIDELINES ON PEDIATRIC ORAL HEALTH



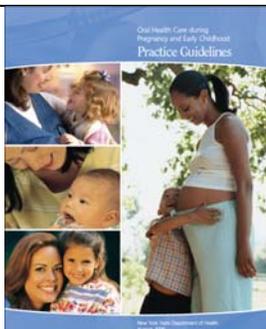
### A Health Professional's Guide to Pediatric Oral Health Management

### [A Health Professional's Guide to Pediatric Oral Health Management](#)

National Maternal and Child Oral Health Resource Center

This is a series of seven modules designed to assist health professionals in managing the oral health of infants and young children. The modules provide health professionals with information to help them prevent oral diseases, which still afflict many U.S. children, especially children from families with low incomes, children in certain minority groups, and children with special health care needs. The modules assist health professionals in performing an oral screening to identify infants and children at increased risk for oral health problems, offering referrals to oral health professionals, and providing parents with anticipatory guidance.

<http://www.mchoralhealth.org/PediatricOH/index.htm>



NYS Department of Health 9/2006

### [Oral Health Care During Pregnancy and Early Childhood Practice Guidelines](#)

New York State Department of Health, August 2006

Separate oral health care recommendations are presented for prenatal, oral health and child health professionals, with emphasis placed on incorporating oral health risk assessments into routine prenatal and well-baby care. Information for oral health care professionals includes guidelines for providing appropriate treatment for pregnant women and young children.

[http://www.health.state.ny.us/prevention/dental/oral\\_health\\_care\\_pregnancy\\_early\\_childhood.htm](http://www.health.state.ny.us/prevention/dental/oral_health_care_pregnancy_early_childhood.htm)



### [Bright Futures in Practice: Oral Health—Pocket Guide](#)

National Maternal and Child Oral Health Resource Center

This guide is designed to help health professionals implement specific oral health guidelines during pregnancy and postpartum, infancy, early childhood, middle childhood, and adolescence.

<http://www.mchoralhealth.org/Toolbox/professionals.html>

## ADDITIONAL ORAL HEALTH RESOURCES



### [Early Childhood Caries and Infant Oral Health](#)

Association of State and Territorial Dental Directors

This website is designed to serve as a comprehensive source of information for members, associate members, policymakers, oral health and public health professionals, other health care professionals, academicians, students and the public.

The Early Childhood Caries and Infant Oral Health webpage provides linkages to resources, training materials and programs, and journal articles on the etiology and prevention of early childhood caries, caries risk assessments, and the role of child health care professionals in the early identification and prevention of dental caries disease in young children.

<http://www.astdd.org/index.php?template=eccioh.html>



### [Bright Futures Toolbox](#)

National Maternal and Child Oral Health Resource Center

Bright Futures is a national disease prevention and health promotion initiative funded by the Maternal and Child Health Bureau. The toolbox highlights materials that advance the Bright Futures philosophy of promoting and improving the oral health of infants, children, and adolescents. The toolbox can be used to find oral health information for health professionals and human services providers. Linkages to resources for education and training, screening and risk assessment tools, and anticipatory guidance are provided.

<http://www.mchoralhealth.org/Toolbox/professionals.html>

# INCORPORATING ORAL HEALTH CARE SERVICES INTO WELL-BABY CARE



## Engaging Primary Care Providers in Children's Oral Health

National Academy for State Health Policy, September 2009

This document provides an overview of state efforts to increase access to dental care for children by using primary care medical providers. Since primary care providers have early and frequent access to infants and young children, there is an opportunity to assess a child's oral health status before problems develop. Additionally, since medical providers have higher Medicaid participation rates than dentists, preventive oral health services can be provided to low income children as part of well-baby care, with referrals made to dentists for needed treatment. The majority of states include in preventive oral health care services, risk assessment, oral examination/screening, application of fluoride varnish, anticipatory guidance and caregiver education.

Download publication at [www.nashp.org](http://www.nashp.org)



## Oral Health Risk Assessment Timing and Establishment of the Dental Home AMERICAN ACADEMY OF PEDIATRICS POLICY STATEMENT

The American Academy of Pediatrics recommends that every child receive oral health assessments by 6 months of age by a qualified pediatrician or a qualified pediatric health care professional. This document provides background information on the etiology and development of dental caries disease, basic prevention strategies, oral health risk assessment, risk groups for dental caries, establishing a dental home and anticipatory guidance and parent and patient education.

PEDIATRICS Vol. 111 No. 5 May 2003, pp. 1113-1116

A statement of reaffirmation for this policy was published on August 1, 2009.



## Policy on Use of a Caries-Risk Assessment Tool (CAT) for Infants, Children, and Adolescents

AMERICAN ACADEMY OF PEDIATRIC DENTISTRY POLICY STATEMENT, Adopted 2002. Revised 2006

The purpose of this policy is to educate healthcare providers and other interested parties on the assessment of caries risk. The use of CAT will allow health care professionals to become more actively involved in identifying, providing preventive counseling, and referring infants and children at high risk for dental caries disease. It is also recommended that non-dental health care providers refer of all children, especially those at moderate or high risk, to a dentist for oral health care and establishment of a dental home.

<http://www.aapd.org/media/policies.asp>