How to Develop a Community Oral Health Program (COHP)
Why COHP?

• Childhood Caries/tooth decay is preventable
• Childhood caries are 5 times more common than asthma
• 40% of children have caries by kindergarten
• Early oral screening decreases caries
• Prevention works and decreases oral healthcare costs
Why Fluoride?

- Fluoride decreases caries/tooth decay
- Fluoride increases remineralization, hardens dental enamel and decreases caries
- Topical Fluoride applications harden the enamel and prevents caries
- Topical Fluoride costs approx $1.00/ application
- Fluoride Varnish (5%NaF) 0.25-0.5ml singular dose topical application
# Professionally Applied Topical Fluoride: Evidence-based Clinical Recommendations

<table>
<thead>
<tr>
<th>Assess</th>
<th>Risk Group/Age</th>
<th>Advising</th>
<th>Decide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caries Risk &amp; Patient Age</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Low</td>
<td>&lt; 6 years</td>
<td>Patient may not receive any additional benefit*</td>
<td>Patient may not receive any additional benefit*</td>
</tr>
<tr>
<td>- Moderate</td>
<td>6–18 years</td>
<td>Patient may not receive any additional benefit*</td>
<td>Patient may not receive any additional benefit*</td>
</tr>
<tr>
<td>- High</td>
<td>18+ years</td>
<td>Patient may not receive any additional benefit*</td>
<td>Patient may not receive any additional benefit*</td>
</tr>
<tr>
<td>&amp; Patient Age</td>
<td>Low</td>
<td>Varnish every 6 months</td>
<td>Varnish or Fluoride gel every 6 months</td>
</tr>
<tr>
<td></td>
<td>Moderate</td>
<td>Varnish every 6 or 3 months</td>
<td>Varnish every 6 or 3 months or Fluoride gel every 6 or 3 months</td>
</tr>
<tr>
<td></td>
<td>High</td>
<td>Varnish every 6 or 3 months</td>
<td>Varnish or Fluoride gel every 6 or 3 months</td>
</tr>
</tbody>
</table>

* Fluoridated water and fluoride toothpastes may provide adequate caries prevention in this risk category.
- Application time for fluoride gel and foam should be 4 minutes.
- Due to limited evidence these recommendations have not been extrapolated to foams.
- There is limited evidence differentiating NaFand APF gels.

**Levels of evidence and strength of recommendations:**
Each recommendation is based on the best available evidence. The level of evidence available to support each recommendation may differ. Lower levels of evidence do not mean the recommendation should not be applied for patient treatment.
# Fluoride Varnish Product List

<table>
<thead>
<tr>
<th>Fluoride Name</th>
<th>Unit Dose</th>
<th>Fluoride</th>
<th>Manufacturer</th>
<th>Suppliers/Distributors</th>
</tr>
</thead>
<tbody>
<tr>
<td>AllSolutions/NUPRO</td>
<td>0.25 ml</td>
<td>5% NaF</td>
<td>Dentsply Professional</td>
<td>Patterson</td>
</tr>
<tr>
<td>Cavity Shield</td>
<td>0.25 ml 0.40 ml</td>
<td>5% NaF</td>
<td>Omnii/3M ESPE 800/634-2249</td>
<td>Atlanta Dental, Patterson, Darby, Sullivan-Schein, others</td>
</tr>
<tr>
<td>Clear Shield</td>
<td>0.40 ml</td>
<td>5% NaF</td>
<td>DMG America</td>
<td>DMG America</td>
</tr>
<tr>
<td>Duraflor</td>
<td>0.25ml 0.40ml 10ml tube</td>
<td>5% NaF</td>
<td>Medicom 800/361-2862</td>
<td>Patterson, Darby, Practicon, Henry Schein</td>
</tr>
<tr>
<td>Duraflor HALO White Varnish</td>
<td>0.50 ml</td>
<td>5% NaF</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Duraphat Varnish</td>
<td>10 ml tube</td>
<td>5% NaF</td>
<td>Colgate Oral Pharmaceuticals</td>
<td>Henry Schein</td>
</tr>
<tr>
<td>Enamel Pro</td>
<td>0.25 ml 0.40 ml</td>
<td>5% NaF</td>
<td>Premier Products 800/888-670-6100</td>
<td>Practicon</td>
</tr>
<tr>
<td>Flor-Opal Varnish White</td>
<td>0.50 ml</td>
<td>5% NaF</td>
<td>Ultradent Products, Inc.</td>
<td>Ultradent</td>
</tr>
<tr>
<td>Fluor Protector</td>
<td>0.40 ml</td>
<td>0.1% difluorosilane</td>
<td>Ivoclar Vivadent, Inc 800/533-6825</td>
<td>Benco, Darby, Henry Schein, Ivoclar Vivadent, Patterson, others</td>
</tr>
<tr>
<td>PreviDent Varnish</td>
<td>0.40 ml</td>
<td>5% NaF</td>
<td>Colgate Oral Pharmaceuticals</td>
<td>Henry Schein</td>
</tr>
<tr>
<td>Topex DuraShield</td>
<td>0.40 ml</td>
<td>5% NaF</td>
<td>Sultan Healthcare 800/637-8582</td>
<td>Darby, Pearson</td>
</tr>
<tr>
<td>Vanish Varnish</td>
<td>0.50 ml (can be used as 0.25ml and 0.40ml)</td>
<td>5% NaF</td>
<td>Omnii/3M ESPE 800/634-2249</td>
<td>Patterson, RIM, Darby, Sullivan-Schein, SmartPractice, others</td>
</tr>
<tr>
<td>VarnishAmerica</td>
<td>0.25 ml 0.40 ml</td>
<td>5% NaF</td>
<td>Medical Product Laboratories 800/523-0191</td>
<td>Direct sales</td>
</tr>
<tr>
<td>VELLA</td>
<td>0.50 ml</td>
<td>5% NaF + xylitol</td>
<td>Preventive Technologies</td>
<td>Henry Schein, Patterson, Benco Dental, Preventech</td>
</tr>
</tbody>
</table>
Site Location

• Head Start
• Federal Qualified Health Clinic (FQHC)
• Free Clinics for the underserved
• Mobile Van Clinic
• Migrant Farm workers and their families
• Other community organizations for children and adults at risk
Head Start Locater

Head Start

• Locate and contact the medical director or health educator at the head start or community program
• Review the educational program and the application of topical fluoride varnish
• Distribute the parent/guardian consent form
• If you will take photos of the event, the parent/guardian must check the box on the consent form
What to Expect During the Oral Exam and Fluoride Varnish Application

Assessing your child’s risk for caries (cavities) and applying fluoride varnish are safe, and easy way to prevent early childhood caries (cavities), but don’t worry – fussing is normal!

*Parents* – it is expected that infants and toddlers may cry during the exam and fluoride varnish application. Our Physician Assistants and dentists are very gentle and are trained to manage children’s crying. We appreciate your help and cooperation in assisting us in making your child as comfortable as possible.

To familiarize you with the process, we have provided a picture below of a child receiving an oral exam and fluoride varnish. You are an active participant in this process and in making sure your child’s teeth are healthy and strong! Thank you for your participation.

By receiving this oral screening here you are saving up to $50 out of your cost for this service. All information about your family’s health collected during this training will remain confidential.

The information obtained from this screening is preliminary only, and does not constitute a complete dental examination or diagnosis of dental problems.

There is no charge to participate in the screening process or for the fluoride varnish application.

I (parent or guardian) ____________________ agree to my child’s ______________ participation with a photo YES ___ NO ___ in the American Academy of Physician Assistants (AAPA) PAs for Oral Health Training as a patient volunteer for physician assistants to practice performing an oral health risk assessment and fluoride varnish application. Although none are to be expected, the AAPA cannot be held responsible for treatment during this event and any associated outcomes.

Signature ___________________________
Date _____________________________
Spanish Parent/Guardian Consent

Que esperar durante el examen oral y la aplicación del barniz de fluoruro

El chequeo dental y la aplicación del barniz de fluoruro es una manera fácil de prevenir caries en los niños. La aplicación del barniz de fluoruro es seguro. Durante el proceso su niño puede estar incómodo, lo cual es normal.

Padre/madre – Es muy común que los niños lloren durante el examen oral y la aplicación del barniz de fluoruro. Nuestro equipo de Asistente Médicos y Dentistas son muy cuidadosos y están entrenados para tratar con el llanto de sus niños. Apreciamos su cooperación y ayuda para hacer que el proceso sea los más cómodo posible para sus niños.

Para que usted se familiarice con el procedimiento, le mostramos más abajo una foto de un niño aplicándose el barniz de fluoruro durante el examen oral. Usted es un participante activo en este proceso, por lo cual debe asegurarse que sus niños crezcan con dientes sanos y fuertes. Gracias por su participación.

Este servicio es gratis y al recibirlo se ahorra alrededor de $50 del costo. Toda la información médica acerca de su familia obtenida durante este entrenamiento es confidencial.

Los resultados de este examen oral son preliminares, o sea que no es un examen oral completo o el diagnóstico de problemas dentales.

Yo (padre o tutor) _____________________ autorizo la participación, con una foto Si____ No_____ de mi hijo/hija ________________, en el programa PA’s para la salud oral de la Academia de Asistente Medico (AAPA), como paciente voluntario en la aplicación del barniz de fluoruro y evaluación oral. Aunque no se espera ningún problema, la Academia (AAPA) no se hace responsable de complicaciones que puedan surgir a consecuencia de este tratamiento.

Firma ____________________________
Fecha ______________________________

American Academy of
PHYSICIAN ASSISTANTS
Small, Medium or Large

- Determine the amount of time for the COHP
- Determine ages of children to be screened
- Determine the number of children to be screened and application of fluoride varnish
- Determine the number of volunteers needed to complete the outreach program
Education

• Suggest 1 adult for 5 children
• Suggest 15-30 minute education based on age and development
• Develop an educational oral health box
  – Giant teeth and toothbrush
  – Stuffed animals with teeth and toothbrush
  – Small toys to demonstrate “sugar bugs” on teeth
  – Vinegar, baking soda and pepper in a clear plastic jar to demonstrate how the “sugar bugs” or acids harm your teeth
• Songs: Sugar bugs, sugar bugs go away, sugar bugs, sugar bugs you can’t stay!
Oral Health Gift Bag

- Gift Bag
- Toothbrush
- Toothpaste
- Dental Coloring book
- Crayons
- Age appropriate craft ideas
Know the State Law

• The next slide allows you to determine your PA state practice guidelines on the application of fluoride varnish

• Questions on state law on oral health, contact AAPA Constituent Organization Outreach and Advocacy (COOA) at:

  http://www.aapa.org/the_pa_profession/federal_and_state_affairs/resources/item.aspx?id=5624
Fact:
All children, especially those at high risk for dental issues, should establish a dental home by age 1.
Smiles for Life CME

• Arrange for a live lecture at your state or specialty organization conference (Contact Patrick Killeen, Chair oral health SIG, at pekilleen@aol.com)


• Incorporate the Smiles for Life on-line curriculum for PA students in your PA program!
Summary Checklist

- Select Head Start date and time of COHP
- Communicate with Medical/Health Educator
- Parent/Guardian Consent
- Obtain fluoride varnish
- Develop gift bags
- Know your state law – and know that AAPA COOA is a resource to help you navigate and advocate in your state for PAs to apply fluoride varnish!
- Consider having the Smiles for Life CME lecture with your constituent organization