

1**Oral Health Messages**

- 1** A nursing mother has attended the dental practice for oral hygiene advice; which of the following pieces of advice would you not recommend?
 - A** Clean teeth and gums twice daily with a fluoride toothpaste
 - B** Don't give a baby sugary drinks
 - C** For the baby to use a dummy, dip the dummy in jam
 - D** Start cleaning the baby's teeth as soon as they erupt
 - E** Use sugar-free medicines

- 2** The four key oral health messages were put in place for dental health education. When seeing a patient for an educational session, you should provide information from one message per session. Today, you are focusing on the message 'reduce the consumption of sugar and the frequency of intake of food and drink containing sugar'. Which of the following pieces of information is not included in either of the four oral health messages?
 - A** Raw vegetables are a good alternative to sugary snacks
 - B** Remove all plaque
 - C** Sugar should only be consumed three times a day, ideally at mealtimes
 - D** The prescription and timings of the dental radiographs
 - E** The appropriate use of fluoride

- 3** Oral health messages are provided by many people; it should be imperative that the messages given are all the same to stop confusion. Who out of the following would not provide and support oral health messages?
 - A** Dentists
 - B** Doctors
 - C** Midwife
 - D** Pharmacists
 - E** Police

- 4 What are the four main oral health messages?
- A Reduce the consumption of sugar and especially the frequency that food and drinks containing sugar are consumed; clean the teeth and gums thoroughly every day with fluoride toothpaste; fluoride; and dental radiographs
 - B Reduce the consumption of sugar and especially the frequency that food and drinks containing sugar are consumed; clean the teeth and gums thoroughly every day with fluoride toothpaste; regular dental attendance; and fluoride
 - C Reduce the consumption of sugar and especially the frequency that food and drinks containing sugar are consumed; clean the teeth and gums thoroughly every day with fluoride toothpaste; regular dental attendance; and emergency dental intervention and specialist care
 - D Reduce the consumption of sugar and especially the frequency that food and drinks containing sugar are consumed; clean the teeth at least once a day and use mouthwash; regular dental attendance; and fluoride
- 5 Studies from Tannahill cover three main areas, what are these?
- A Prevention, health assessment, and health education
 - B Prevention, health promotion, and health education
 - C Prevention, health promotion, and healthcare
 - D Prevention, health promotion, and sharing ideas with others
 - E Seek advice from a dentist, health promotion, and health education
- 6 What does BSPD stand for?
- A British Society of Paediatric Dental Assistance
 - B British Society of Paediatric Dentists
 - C British Society of Paediatric Dentistry
 - D Britain's Society of Periodontal Dentistry
 - E Basic State of Periodontal Dentistry
- 7 In a study on how the public learns, Tones K suggests the success of health education is dependent on persuasion. What does this theory ignore?
- A Diet advice
 - B Healthier options
 - C Oral health education
 - D Persuasion skills
 - E Social background of ill health
- 8 Many studies have been carried out on how the public learn theories of health. What theory were Prochaska and DiClemente responsible for?
- A Study of persuasion to change to healthier options
 - B Study of procrastination with young adults
 - C Study of prevention, health protection, and health education
 - D Study of the process of change
 - E Study of voluntary actions to promote oral health education

Extended Matching Questions

For each of the following questions, select the most appropriate answer from the list below. The answers might be used once, more than once, or not at all.

Topic: Oral Health Messages

- a) Brushing 2 × daily with fluoride toothpaste
- b) Diet sheet
- c) Fruit and vegetable snacks
- d) Fluoride treatment
- e) High caries risk
- f) Interdental brushes
- g) Questionnaire
- h) Regular dental attendance

- 1 You have a 12-year-old male patient booked in for his second oral health education session regarding his fixed orthodontic appliance. The dentist would like you to focus on the oral health message 'clean the teeth and gums thoroughly every day with fluoride toothpaste'. You reinforce your advice from the first session which included toothbrushing twice a day with a fluoride toothpaste. From the list above select one other oral hygiene aid you can suggest to help improve his plaque control?
- 2 You have a 32-year-old female booked in for an oral health education session regarding her high caries risk. She has not seen a dentist regularly for the past 18 years. She admits she has an extremely poor diet of high sugary snacks and fruit juice. Which of the answers from the list would be the most appropriate step in your first appointment together to create a plan for the patient's sessions?
- 3 You have an 8-year-old female patient booked in for an oral health education session regarding brushing techniques. The mother and father show little knowledge of dental hygiene. You are making your lesson plan the night before. Which of the answers from the list would be the most appropriate piece of information to provide this patient during the first session?

Answers

- 1 A nursing mother has attended the dental practice for oral hygiene advice; which of the following pieces of advice would you not recommend?

Correct Answer: c) For the baby to use a dummy, dip the dummy in jam

This would not be recommended for any child or baby. Jam is a high-sugar food which can contribute to caries.

- 2 The four key oral health messages were put in place for dental health education. When seeing a patient for an educational session you should provide information from one message per session. Today, you are focusing on the message ‘reduce the consumptions of sugar the frequency of intake of food and drink containing sugar’. Which of the following pieces of information is not included in either of the four oral health messages?

Correct Answer: d) The prescription and timings of the dental radiographs

The four oral health messages cover diet, toothbrushing instructions, dental attendance, and fluoride. They do not cover prescriptions and timings of dental radiographs, recall intervals leading to ongoing treatments, and emergency dental interventions between episodes of specialist care.

- 3 Oral health messages are provided by many people; it should be imperative that the messages given are all the same to stop confusion. Who out of the following would not provide and support oral health messages?

Correct Answer: e) Police

The police would not provide and/or support oral health messages; usually these would be covered by healthcare professionals only.

- 4 What are the four main oral health messages?

Correct Answer: b) Reduce the consumption of sugar and especially the frequency that food and drinks containing sugar are consumed; clean the teeth and gums thoroughly every day with fluoride toothpaste; regular dental attendance; and fluoride

The four main oral health messages should always be conveyed to patients; only one of the messages should be covered per session and then they can be evaluated at the following session.

- 5 Studies from Tannahill cover three main areas, what are these?

Correct Answer: b) Prevention, health promotion, and health education

A Tannahill model of health promotion concerns three main areas: prevention, health promotion, and health education. Tannahill covered all healthcare and promoted general well-being.

6 What does BSPD stand for?

Correct Answer: c) British Society of Paediatric Dentistry

The British Society for Paediatric Dentistry is the national society is specifically concerned with the oral health of children in the UK.

7 The study on how the public learns, Tones K suggests the success of health education is dependent on persuasion. What does this theory ignore?

Correct Answer: e) Social background of ill health

In the study, Tones K suggests that the health educator would be successful based on persuasion to choose a healthier option. This theory ignores the socio-economic or social background of ill health.

8 Many studies have been carried out on how the public learn theories of health. What theory were Prochaska and DiClemente responsible for?

Correct Answer: d) Study of the process of change

Prochaska and DiClemente's study describes the process of change. It suggests that individuals may be at one of a number of stages in relation to making a lifestyle change:

- 1) Pre-contemplation – patients are not thinking about changing their behaviour; they are not aware that they have a problem and are likely to resist any pressure to change.
- 2) Contemplation – patients are aware that they have a problem and realise that they must do something about it, but have not yet made a commitment to change in the near future.
- 3) Preparation – patients begin to make small behavioural changes and make a commitment to take action in the near future.
- 4) Action – patients take action to alter their behaviour.
- 5) Maintenance – patients continue their efforts towards achieving a permanent change.

This study also suggests that patients' motivation may vary. When change is self-initiated it is more likely to be successful. Whole processes or parts of them may be repeated several times before permanent change is achieved.

Extended Matching Questions

Topic: Oral Health Messages

- 1** You have a 12-year-old male patient booked in for his second oral health education session regarding his fixed orthodontic appliance. The dentist would like you to focus on the oral health message 'clean the teeth and gums thoroughly every day with fluoride toothpaste', You reinforce your advice from the first session which included tooth-brushing twice a day with a fluoride toothpaste. From the list above select one other oral hygiene aid you can suggest to help improve his plaque control?

Correct Answer: d) Interdental brushes

A patient who has a fixed orthodontic appliance must understand that not only is cleaning his teeth with fluoride toothpaste important, but to also clean under the arch wires to prevent plaque and food debris collecting. If food debris and plaque are not removed daily, then it can lead to staining and cavities when the appliance is removed.

- 2 You have a 32-year-old female booked in for an oral health education session regarding her high caries risk. She has not seen a dentist regularly for the past 18 years. She admits she has an extremely poor diet of high sugary snacks and fruit juice. Which of the answers from the list would be the most appropriate step in your first appointment together to create a plan for the patient's sessions?

Correct Answer: b) Diet sheet

When you are meeting with a patient for the first time, in order to work out which oral health messages you need to provide the patient you will need to get an idea of her current diet and her current knowledge. If you are aware that she already has a poor diet, then completing a diet sheet with her will give you a good understanding of when she is consuming sugary foods or drinks and then you can apply your knowledge on how to adapt the diet to be healthier.

- 3 You have an 8-year-old female patient booked in for an oral health education session regarding brushing techniques. The mother and father show little knowledge of dental hygiene. You are making your lesson plan the night before. Which of the answers from the list would be the most appropriate piece of information to provide this patient during the first session?

Correct Answer: a) Brushing 2 × daily with fluoride toothpaste

It is common that children do not like to brush their teeth, and if they are, then they aren't doing it correctly. In the first session it may be a good idea to cover how the patient is brushing and, if the technique is incorrect, then show the patient and the parents the correct techniques. You may also need to provide advice on toothpaste with adequate fluoride.