Dental care and oral hygiene
Oral health screening

Oral health screening and preventive program for the students is a part of the comprehensive preventive examination program of the students which conducted by ambulatory health service.
Objectives

- Importance of oral health screening
- Tips for proper brushing
- Causes of dental decay and periodontal disease
- Caring for your teeth (all Age)
- Fluoride treatment
- What is flossing?
- Early dental care in infants
- Dental Safety
- Role of school nurse
Importance of oral health screening

Dental screening is important for a number of reasons:

– Identify students who may have impending pain and who need dental treatment
– Make students aware of their dental status.
– Help with early detection and treatment of dental disease
– Reduce the incidence, impact, and cost of dental disease
Importance of oral health screening

- Inform parents of their children's dental problems
- Encourage the establishment of effective oral health practices early in life
- Provide an opportunity to collect and summarize data as part of the overall health status of students in the school and district.
Dental health & hygiene

- The mouth reflects a person’s general health and well-being.
- Sound oral health is a vital aspect of a total health.
- A child with a toothache or mouth pain will not learn as effectively as a child without pain.
- Poor oral health can negatively impact a child’s self image and their ability to learn.
- Anything a School Nurse does to help a student achieve better oral health makes an improvement in that child’s life.
Oral health diseases

- The most common diseases affecting the human dentition are
  - Caries & Periodontitis
- The main cause of tooth loss in children and adolescence is
  - Dental Caries
- The main cause of tooth loss in adults is
  - Periodontal disease
- Tooth decay (or dental caries) is one of the most common chronic childhood diseases 5 times more common than asthma
Tips for proper brushing

• Use a brush with **soft bristles**.

• Using **gentle strokes**, make your brush move in **small circles** over the outside of each tooth.

• Remember to do the back of each tooth, also.

• Now, brush the lumpy surface of your teeth. Be sure to remove any food that may be stuck in the grooves.
Dental anatomy
Dental decay

• It is a disease process where acidic waste products created by oral bacteria cause damage to the hard (mineralised) tissues of a tooth (enamel, dentin, cementum).

• If unchecked mineral content of the tooth is lost that a defect (a cavity) forms on the tooth’s surface.
British dental health foundation
Dental plaque

• Everyone's mouth is inhabited by bacteria, in fact a single human mouth can contain more microorganisms than there are people on planet Earth.
• While you can't sterilize your mouth, you can minimize your potential for having tooth decay.
• You do this by not allowing the bacteria that are present to form organized colonies.
• These bacterial colonies are referred to as "dental plaque."
Development of caries
Gingivitis

- It is an inflammatory diseases of bacterial origin

- It may persist for many years without progressing to periodontitis
Periodontitis

Advanced Periodontitis Disease

Healthy gums
Healthy bone level

Gums pull away from teeth
Deep pockets form
Bone is destroyed

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Periodontal diseases

- Is a chronic infection caused by bacteria existing at the line in the form of plaque and calculus.
- Causes inflammation and bleeding gum and if not treated leads to tissue destruction, tooth mobility and eventually tooth loss.
- The bacteria from periodontal disease can enter the blood stream and travel to major organs and begin new infection:
  - Increase risk of heart disease and stroke.
  - Inadequate glycerin control in diabetics
  - Increase a women's risk of having a pre-term, low birth weight baby
Caries is an infectious and transmissible disease. The primary care giver of the infant, frequently the mother, has been known to be the most likely source of inoculation of an infant’s dental flora. This can occur when utensils are shared or the baby’s food is pre-chewed.
Our teeth are very precious
So nothing is like the natural teeth
Prevention & control of Dental Caries

- Good oral hygiene
- Limiting the frequency of cariogenic food intake
- Use of fluorides
- Regular dental check-up
Teeth Brushing
Brushing your teeth

• The ADA warns that toothbrushes should be rinsed thoroughly after use, kept in an upright position, allowed to air dry, and replaced every 3 to 4 months
Fluoride treatment

• Fluoride helps prevent tooth decay by making the tooth more resistant to acid attacks from plaque bacteria and sugars in the mouth.

• It also reverses early decay
Fluoride treatment

• In children under six years of age, fluoride becomes incorporated into the development of permanent teeth, making it difficult for acids to demineralize the teeth.

• Fluoride also helps speed remineralization as well as disrupts acid production in already erupted teeth of both children and adults.
Fluoride treatment

• Fluoride is found in foods and in water. It can also be directly applied to the teeth through fluoridated toothpastes and mouth rinses.
• Mouth rinses containing fluoride in lower strengths are available over-the-counter; stronger concentrations require a doctor's prescription
Moderate effects of Fluoridated water
Arrows point to discolored, cracked or pitted areas
What type of toothpaste should I use?

**Fluoride toothpaste**—Fluoride helps protect your teeth from the acid that is released when this happens. It does this in two ways. First, fluoride makes your tooth enamel stronger and less likely to suffer acid damage. Second, it can reverse the early stages of acid damage by remineralizing areas that have started to decay.
Continuation……

- **Tartar control toothpaste** - some tartar control toothpastes contain an antibiotic called triclosan, which kills some of the bacteria in the mouth.

- **Toothpastes for sensitive teeth** - These toothpastes usually contain potassium nitrate or strontium chloride. These chemical compounds, which can take up to four weeks to offer relief, reduce tooth sensitivity by blocking pathways through the teeth that attach to nerves.
Flossing

• Flossing helps to remove food and plaque from between teeth - areas that your brush cannot reach.

• You should floss at least once a day.
Hiding food particles
Flossing

Wind most of 18 inches of floss around one middle finger.

Wind the rest around the middle finger of the other hand.

Use the thumbs and forefingers to guide an inch of floss between the teeth.

Carefully tease the floss back and forth to guide it between your teeth. Curve the floss around the tooth at the gum line.

Hold the floss tightly against the tooth, and gently rub the side of your tooth with the floss, using a downward motion.

Remember to floss the back side of the last tooth.
• Regular dental visits provide an opportunity for the early diagnosis, prevention, and treatment of oral diseases and conditions for persons of all ages, as well as for the assessment of self-care practices.
Healthy chewing gum

- Chewing containing xylitol is healthy.
- Xylitol promotes oral health and freshens breath.
- Regular use of Xylitol has been shown to help reduce dental plaque—the first stage of cavity development, tartar formation and tooth staining—and promote better oral health.
Continuation...

• Getting the message out about good oral hygiene is important. And it’s especially important to get it to children so they develop good dental habits early in life.
Fissure sealant application for the prevention of p.f. caries
Dental Sealants
How can sealants help prevent cavities?

- Applying a thin plastic coating to your teeth makes it harder for the plaque to stick to the tiny grooves on the biting surfaces of the back teeth - protecting the tooth surface and reducing the risk of forming cavities.
Is it difficult to apply sealant?

• No. Sealant placement is quick, simple and painless. Most often, sealants will last for several Years.
Who should get sealants?

- Sealants are most effective in reducing cavities in children with newly formed permanent teeth.
- In fact, all children should have their molars (back teeth) evaluated for sealants soon after they erupt. For most children, this occurs approximately at ages 6 and 12.
Why the nurse is important in the school

Because schools are where the majority of children and youth are. Schools and school nurses, in particular, have an important role to play in promoting oral health by:

– Serving as a significant source of information.
– Participating in preventive programs.
– Providing dental health education.
– Intervening in dental emergencies.
– Advocating the provision of well-balanced nutritious meals.
How can the school nurse and teachers promote good oral health?

• Generate interest within your school for oral health and nutrition programs.
• Display oral health posters.
• Encourage school administrators and parents to request healthy foods in school vending machines.
How many time/s should we brush our teeth a day as minimum?

A. Once a day
B. Twice a day
C. Three times a day
D. Depending on the diet
What are you not able to take care of on your own?

A. Plaque removal
B. Flossing properly
C. Tartar removal
D. Brushing properly
Periodontal disease is associated with all of the following conditions, except:

A. Pre-term low birth weight baby
B. Diabetes
C. Heart problems
D. Asthma
Which type of tooth brush bristles is the best for dental care?

A. Hard bristles
B. Medium bristles
C. Soft bristles
D. Medium/soft bristles
The most cause of periodontal/gum diseases is:

A. Sugar
B. fluoride
C. Dental plaque
D. fruits
When to replace your brush:

A. After every 3-4 months of use
B. After a cold or illness
C. When the bristles lose their shape
D. All the above
The best chewing gum contains:

A. Fruit flavour
B. Mint flavour
C. Xilytol
D. tegretol
Reference


• Tooth Decay, hosted on the New York University Medical Center website. Page accessed August 14, 2006.

• MedlinePlus Encyclopedia *Ludwig's Anigna*