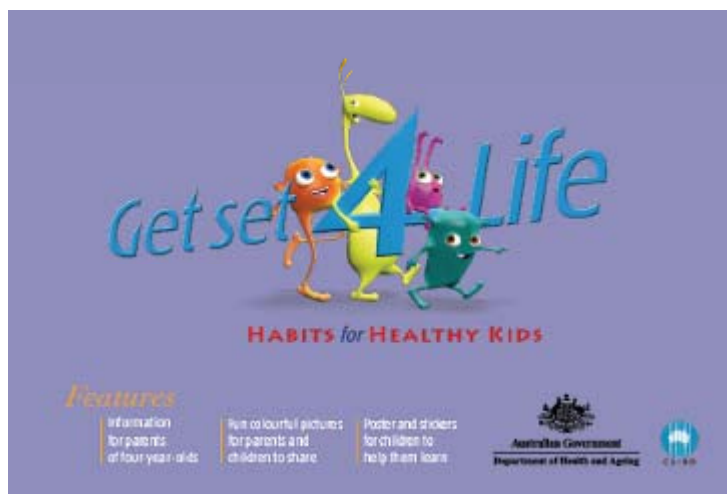




**NSW Early Childhood Oral Health**

# Oral Health Professional Development

## 4 Year Child Health Checks



September 2008

# Objectives

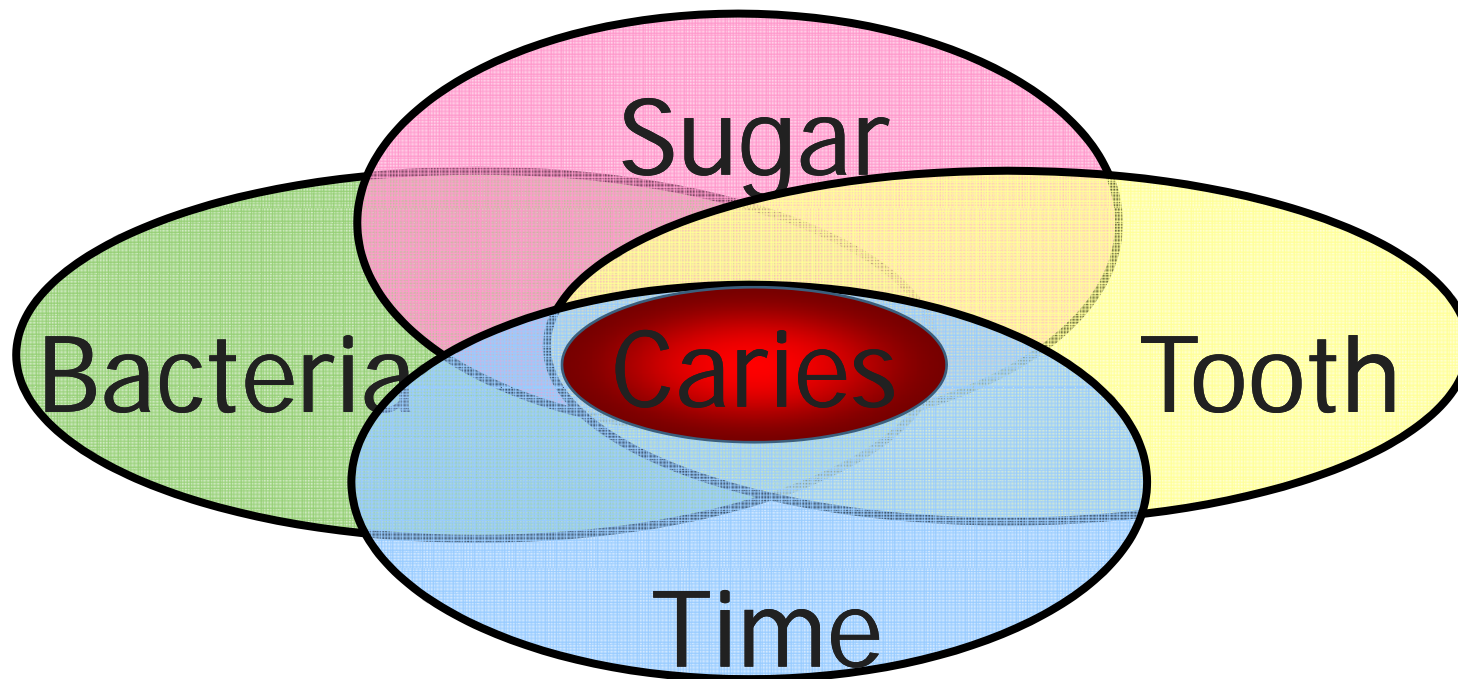
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- ❑ Recognise risk factors for tooth decay
- ❑ Identify early signs of tooth decay
- ❑ Conduct an oral health risk assessment
- ❑ Provide preventive advice to parents and caregivers
- ❑ Understand the referral process to oral health services

# Definition of ECC

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Early Childhood caries (ECC) is a severe and rapidly progressing form of tooth decay that affects infants and young children



# Nature of ECC

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- Mostly preventable
- Detectable
- Reversible
- First significant acquired pathology



**12 month old with decayed incisors**

Burton Edelstein & Mary Foley, 2006

# Intervening early makes sense

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- ❑ Child with decay 5 times more likely to develop new cavities
- ❑ Child with decay = adult with decay
- ❑ Treatment of established problems is not sustainable

# Why do we need your help?

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- Access to families with young children
- Prevention of painful disease
- Focus action on high risk groups
- Build sustainable programs

# Consequences of Dental Caries

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## Case 1



*Interactive treatment planning:*

Mackie IC & Blinkhorn AS, ISBN 1 898274 07 X

## Case 1



## Case 1



# Effects of prolonged bottle use

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## Case 2

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# Early stages of ECC

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Healthy teeth



White spot demineralisation



# Requires surgical repair

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*Westmead Children's Hospital*

# Rampant decay

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[www.mchoral.org/openwide](http://www.mchoral.org/openwide)



**18 month old with rampant decay**

Burton Edelstein & Mary Foley, March 2006

# Predictors

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- ❑ Poor oral hygiene
- ❑ Prolonged and inappropriate bottle use
- ❑ Frequent consumption of high sugar foods
- ❑ Coating pacifiers with sweeteners
- ❑ Family members with active tooth decay

# Predictors

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- ❑ No fluoridated public water supply
- ❑ Low education/income
- ❑ Culturally and linguistically diverse
- ❑ Special health care needs

# Vulnerable families

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## Case 3



Interactive treatment planning: Mackie IC & Blinkhorn AS, ISBN 1 898274 07 X

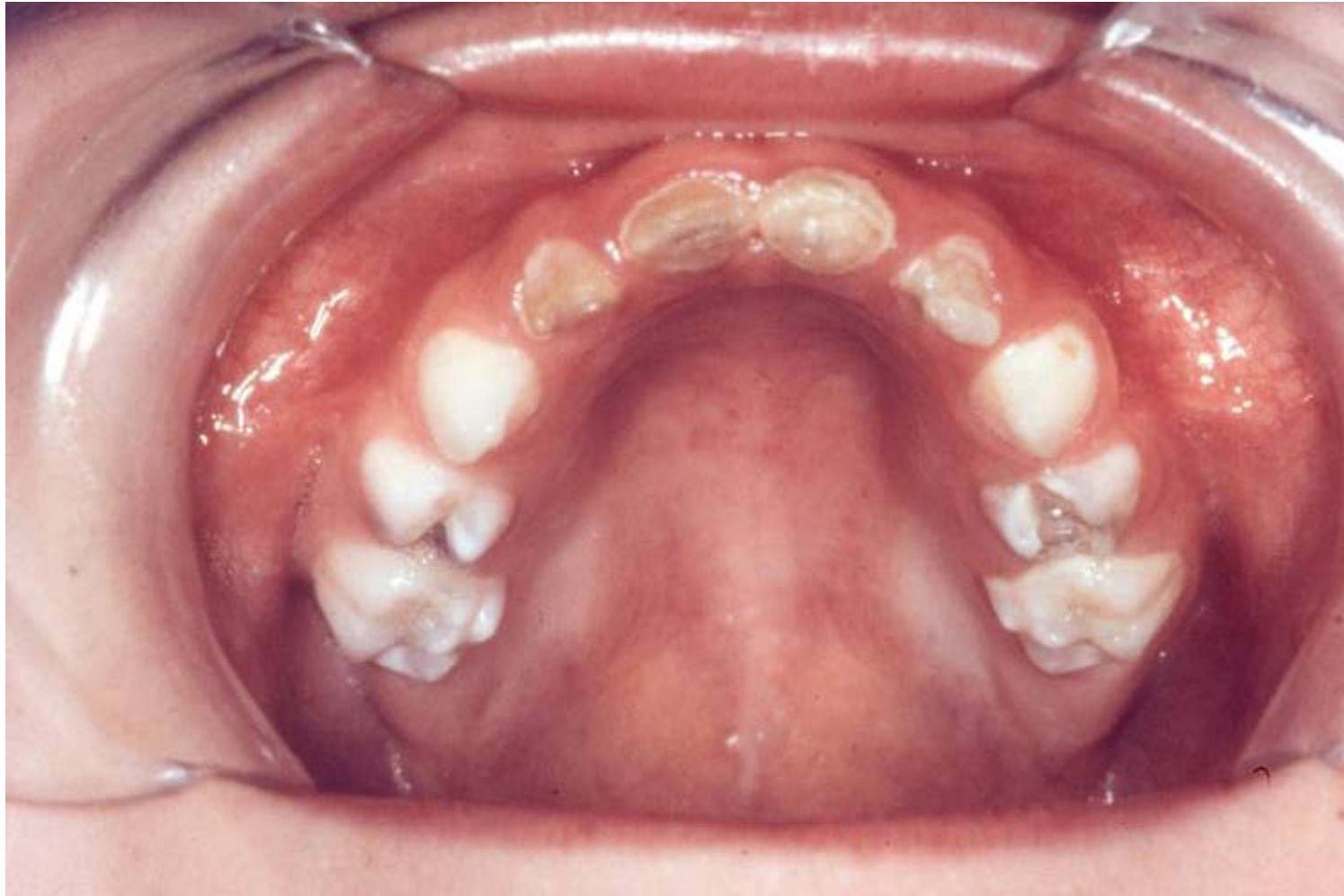
## Case 3

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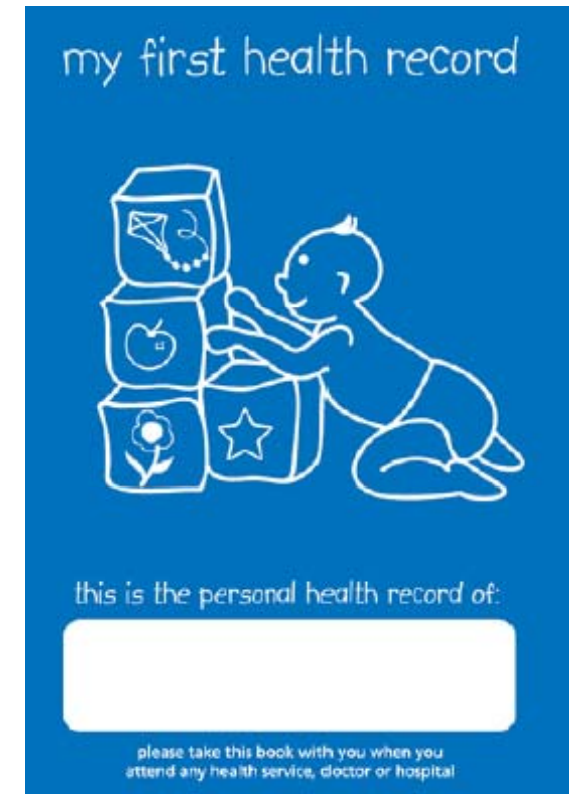
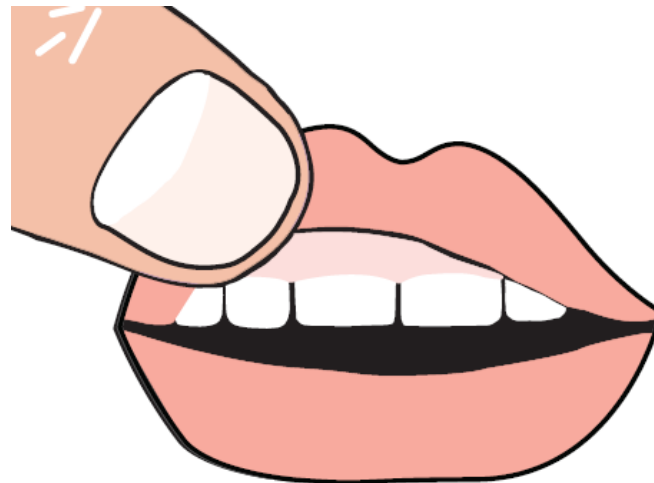
## Case 3

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# How you can help

**“Lift the Lip”  
and look inside...**



# Knee to knee examination

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- ❑ Most suitable for the younger child
- ❑ A toothbrush can help

Westmead Centre for Oral Health 2008

# 4 year old examination

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- ❑ Lift the lip
- ❑ Look inside



Westmead Centre for Oral Health 2008

# Anticipatory guidance



Check your child's teeth  
**LIFT**  
the **LIP**  
and look inside

Look for early signs of tooth decay once a month

Healthy Teeth

White lines along the gum line

Brown or yellow spots that don't brush off

Make A Dental Appointment Now!

Make An URGENT Dental Appointment!

Talk to your Doctor or Nurse about your child's teeth

Keep your child's teeth healthy with 3 easy steps

Put your baby to bed without a bottle (stop the bottle at around 12 months of age)

Start drinking from a cup at around 6 months of age (stop using sippy cups by 12 months of age)

Start brushing when your baby gets their first tooth (use low fluoride toothpaste from 18 months of age)

NHS HEALTH

Centre for Oral Health Strategy  
NEW SOUTH WALES

# Referral to oral health services

- ❑ Discuss findings
- ❑ Public/private options
- ❑ Fax referral form

my first health record

**Child health check 4 years**  
Assessment by child and family health nurse, GP, or paediatrician

Name: \_\_\_\_\_  
 Date of birth: / / Sex: m / f

Health assessment

Height (cm): % (if measured)

Weight (kg): %

Vision tested monocularly using the Sheridan Gardner Matching Test  
 Outcome:

Audiometry R / L:

Oral health 'Lift the lip' check:

Health protective factors

Parent questions completed?	Yes	No	Score
Are there any risk factors?	<input type="checkbox"/>	<input type="checkbox"/>	
• Hearing	<input type="checkbox"/>	<input type="checkbox"/>	
• Vision	<input type="checkbox"/>	<input type="checkbox"/>	
• Oral health	<input type="checkbox"/>	<input type="checkbox"/>	

Appropriate health information discussed?  
 Result:


Comment: \_\_\_\_\_

Action taken: \_\_\_\_\_

Completed appropriate immunisation as per schedule?

Name of doctor or nurse: \_\_\_\_\_  
 Signature: \_\_\_\_\_  
 Venue: \_\_\_\_\_ Date of check: / /

Child accompanied by:  Mother  Father  Unaccompanied  
 Other: \_\_\_\_\_


AHS LOGO  
Fax Number

**Oral Health Referral Form**

**CHILD'S DETAILS**

Family Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Child's Medicare No: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Interpreter required:  Yes  No If yes, which language: \_\_\_\_\_

**PARENT/GUARDIAN DETAILS**

Name: \_\_\_\_\_  
 Relationship to child: \_\_\_\_\_  
 Mobile Phone No: \_\_\_\_\_ Hm/Wk Phone No: \_\_\_\_\_  
 I give consent for the Public Oral Health Service to use this information.  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

ORAL HEALTH ASSESSMENT (tick boxes)	ACTION
<input type="checkbox"/> Trauma or facial swelling	Immediate transfer to Dental Call Centre <call centre phone number>
<input type="checkbox"/> White spot demineralisation	Refer to Early Childhood Oral Health Coordinator <phone/fax number>
<input type="checkbox"/> Cavitated lesions (holes)	
<input type="checkbox"/> Family requires oral health support	Discuss with parent and record findings
<input type="checkbox"/> Frequent snacking (especially high sugar intake)	
<input type="checkbox"/> Child takes a bottle to bed (or uses at will by day)	
<input type="checkbox"/> Special health needs / frequent medications	Re-assess at next scheduled health check
<input type="checkbox"/> Visible plaque	

**REFERRED BY (Health Professional)**

Name and Title: \_\_\_\_\_  
 Postal Address (for feedback): \_\_\_\_\_  
 Phone No: \_\_\_\_\_ Fax No: \_\_\_\_\_

Additional information: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



North Sydney Central Coast AHS, 2007

# Clean well ...

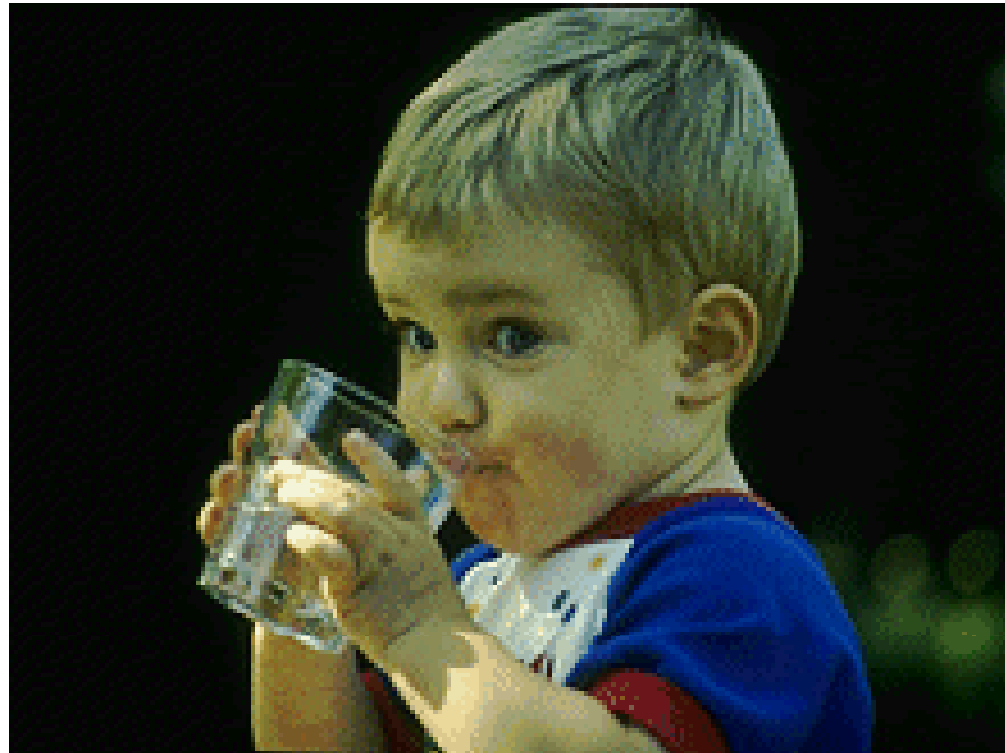
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# Drink well ...

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- Drink tap water



# Eat well ...

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**snacking**

An important  
part of a young  
child's diet!

# Stay well...



# Further information

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- Centre for Oral Health Strategy

<http://www.health.nsw.gov.au/cohs/resources.asp>

- Better Health Centre Publication Warehouse

[bhc@nccaahs.health.nsw.gov.au](mailto:bhc@nccaahs.health.nsw.gov.au)