



SETTING ORAL HEALTH SELF-MANAGEMENT GOALS

Introduction

The project has adapted and developed two sets of patient education self-management goal setting materials: one for when the patient is an adult, and a second one for when the patient is a child. In this second case, the process of setting self-management goals is targeted at parents and caregivers.

In both cases, the purpose of this process is to have the patient (or the patient's family member or caregiver) select oral health behavior change goals that:

- Are appealing and attainable for the patient or caregiver; and
- Have a chance of making a difference in their oral health.

The forms follow this introduction. The form for adults is first, followed by the form for parents and caregivers. Note that each form is intended as one two-sided sheet of paper. The picture tool is the "front" and is shown to the patient. The text that follows is the "back" and is intended for use by the patient educator.

This process may be facilitated by a number of people in the primary care setting, including the primary care provider, a Medical Assistant, a Community Health Worker or a Health Educator.

Here is a step-by-step guide to using the form. Note that the language below used the adult version of the form. Alterations for use in the parent/caregiver version are in red.

- 1) Select the age-appropriate form to support the patient encounter.
- 2) The patient educator:
 - shares the picture tool that has oral health behavior changes;
 - introduces each behavior change including the effect on a person's oral health; and
 - Asks the patient or parent/caregiver if they have any questions.

3. The patient health educator asks the patient to select two or three oral health goals using a question such as the following:

“Let’s talk about two or three goals you think you can work on. What do you think might work [for you] [for you and your child]?”

Give time for the patient to consider and ask questions. Respond to questions and help the patient weigh pros and cons of each prospective self-management goal that the patient raises.

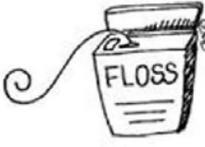
3. Write down the patient-selected goals including follow up and time frame.
- 5) Ask the patient to self-rate their confidence on a 1 to 10 scale for each goal.
 - If a patient self-rates “5” or less the patient educator will state the patient’s rating back to them and ask them to describe why they feel more confident than 0. Following that discussion, ask them why they do not feel not as confident as a 10.
 - Discuss things that seem to be affecting their confidence and how they might be changed.
 - Make suggestions to bolster confidence and offer strategies/tips and tricks.

Following the two sets of patient goal-setting worksheets, there are a number of patient education materials that have been developed by the project. These may be found on the project website at www.cdd.unm.edu/dhpd/oralhealth

Oral Health Self-Management Goals

Patient Name: _____

Date: _____

 Schedule regular dental visits	 Brush twice a day	 Use prescription fluoride toothpaste	 Drink tap water
 Drink less or no sweet drinks or alcohol	 Use fluoride mouth rinse	 Drink water between meals	 Choose gum or candy with xylitol as the first ingredient
 Eat less junk food and candy	 Drink limited or no soda	 Choose healthy snacks	 Floss daily
Important: The last thing that touches your teeth before bedtime should be your toothbrush and water.			

- Self-Management Goals: 1) _____
- 2) _____
- 3) _____

On a scale from 1-10, how confident are you that you can accomplish these goals? (circle one)

(1= not confident at all; 10= very confident) **1 2 3 4 5 6 7 8 9 10**

Patient Signature: _____

Practitioner Signature: _____

If you suffer from dry mouth, ask your pharmacist for products that help with dry mouth, such as dry mouth gum, spray, toothpaste, or oral rinse.

Adapted from the Oral Health Self Management Goals for Parent/Caregivers developed by the American Academy of Pediatrics. This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number #UD7HP25045-02-00. This information or content and conclusions are those of the authors and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government. All rights reserved. Please contact ccogil@salud.unm.edu for information regarding the use of this tool.

Oral Health Self-Management Education with Goals for Adults

◆ **Schedule Regular Dental Visits**

1. See a dental provider every six months
2. Your clinic can assist with a dental referral

◆ **Brush Twice Every Day**

1. Brushing prevents buildup of plaque and bacteria that cause cavities and gum disease
2. Fluoride toothpaste the size of a grain of rice for children 3 and under or the size of a pea for everyone over 3 years of age

◆ **Use Prescription Fluoride Toothpaste**

1. High fluoride toothpaste or rinse builds tooth enamel for people who are at high risk for cavities
2. High fluoride toothpaste can help reduce cavities in people who have a lot of them

◆ **Drink Tap Water**

1. Most towns/cities add fluoride to the public water that strengthens dental enamel and prevent cavities
2. If you use bottled water, look for and purchase bottled water with fluoride

◆ **Drink Less or No Sweet Drinks or Alcohol**

1. Drink sweetened drinks or alcoholic beverages at mealtimes only
2. Sweetened beverages between meals increase the risk for cavities

◆ **Use Fluoride Mouth Rinse**

1. Use fluoride mouth rinse twice a day after brushing and at bedtime
2. Fluoride mouth rinse is recommended for people who have had problems with cavities or do not have fluoridated water

◆ **Drink Water Between Meals**

1. Water washes away the acids and bacteria that cause dental caries
2. Water or unsweetened beverages (coffee/tea) between meals decreases risk for dental caries

◆ **Chew Gum with Xylitol: (KEEP THE GUM AWAY FROM DOGS!)**

1. Xylitol protects teeth from getting cavities
2. Chew gum with xylitol as the first ingredient and chew it for at least 5 minutes, 4-5 times a day after meals or at bedtime.

◆ **Eat Less Junk Food and Candy**

1. Limit sweet food and candy to mealtimes
2. Junk food and candy between meals increases the risk for developing dental caries

◆ **Drink Limited or No Soda**

1. If you choose to drink sodas or sports drinks, do so with meals only
2. Diet and regular sodas have acids that break down the enamel covering of teeth

◆ **Choose Healthy Snacks**

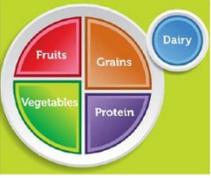
1. Avoid juices and foods with sugar because they increase the risk of cavities
2. For in between meal snacks choose: meats, cheeses, nuts, seeds, vegetables or popcorn

◆ **Floss Daily**

1. Flossing disrupts the development of plaque and sticky bacteria that causes cavities or gum disease

Oral Health Self Management Goals for Parents/Caregivers

Patient Name _____ DOB _____

 <p>Regular dental visits for child</p>	 <p>Dental treatment for family</p>	 <p>Brush twice a day</p>	 <p>Brush with fluoride toothpaste</p>
 <p>Wean off bottle (no bottles for sleeping)</p>	 <p>Less or no juice</p>	 <p>Only water in sippy cups</p>	 <p>Drink tap water</p>
 <p>Healthy snacks</p>	 <p>Less or no junk food and candy</p>	 <p>No soda</p>	 <p>Use xylitol gum, spray, gel, or dissolving tablets</p>
<p>Important: The last thing that touches your child's teeth before bedtime is the toothbrush.</p>			

Self Management Goals: 1) _____
 2) _____
 3) _____

On a scale of 1-10, how confident are you that you can accomplish these goals? 1 2 3 4 5 6 7 8 9 10

Parent/Caregiver Signature: _____

Practitioner Signature: _____

Adapted from Ramos-Gomez F, Ng MW. Into the future: keeping healthy teeth caries free: pediatric CAMBRA protocols. *J Calif Dent Assoc.* 2011 Oct;39(10):723-33. Visit www.aap.org/oralhealth for more information on children's oral health.

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™



Bright Futures.
 prevention and health promotion for infants, children, adolescents, and their families™

National **Interprofessional Initiative** on Oral Health

engaging clinicians
 eradicating dental disease

Oral Health Self-Management Education with Goals for Parents/Caregivers

◆ **Regular Dental Visits for Child**

1. The first dental visit should be scheduled by age 1
2. Your clinic can assist with a dental referral to a dentist who sees young children

◆ **Dental Treatment for the Family**

1. Saliva sharing activities such as sharing utensils and cups can spread cavity-causing bacteria
2. Children are more likely to get cavities at an earlier age if their parents have untreated cavities

◆ **Brush Twice Each Day**

1. Brushing prevents buildup of plaque and bacteria that cause cavities and gum disease
2. Fluoride toothpaste the size of a grain of rice for children 3 and under or the size of a pea for everyone over 3 years of age

◆ **Brush With Fluoride Toothpaste**

1. Fluoride builds stronger tooth enamel which protects against development of cavities
2. Fluoride is important during early years when the enamel is forming on teeth that have not yet broken through the gums.

◆ **Wean Off Bottle (No Bottles For Sleeping)**

1. Toothbrush and water should be the last touch the teeth and gums at bedtime
2. Begin wiping gums with a soft cloth or brush after feedings when your child is an infant.

◆ **Less or No Juice**

1. If you choose to offer fruit juice to your child, limit fruit juices to 4-6 ounces a day and offer at mealtimes only

◆ **Only Water in Sippy Cups**

1. The natural sugar in milk, juice, soda pop or other flavored drinks between meals increases risk for cavities
2. Water washes away the bacteria that causes dental cavities

◆ **Drink Tap Water**

1. Most towns/cities add fluoride to the public water that strengthens dental enamel and prevent cavities
2. If you use bottled water, look for and purchase bottled water with fluoride

◆ **Healthy Snacks**

1. For in between meal snacks choose: meats, cheeses, nuts, seeds, vegetables or popcorn
2. Foods with sugar increase the risk for cavities

◆ **No Soda**

1. If you choose to drink sodas, do so with meals only
2. Diet and regular sodas have acids that break down the enamel covering of teeth

◆ **Use Xylitol Gum, Spray, Gel, Or Dissolving Tablets (KEEP THE FGUM AWAY FROM DOGS!)**

1. Choose a gum or candy with xylitol as the first ingredient
2. Xylitol is a sugar substitute that does not allow decay causing bacteria to create acid that causes dental caries
3. Best use for gum – chew for at least 5 minutes, 4-5 times a day, after meals and before bedtime



Did You Know? Healthy Teeth and Gums in Pregnancy Keeps You and Your Baby Healthy

...Do Every Day Care



- **Brush** your teeth morning and night
- Use toothpaste **with fluoride**
- **Floss** your teeth
- **Chew xylitol gum** after eating



...Eat Healthy



- Eat lots of greens and veggies
- Drink water!!!
- Snack on nuts and cheese

Eat treats only with your meals

If You Have Morning Sickness:



- **Rinse** your mouth after vomiting with baking soda and water
- **Wait 30 minutes then brush** with fluoride toothpaste

...See the Dentist



- Get your teeth cleaned
- Get an exam and have cavities fixed

...Learn to Keep Baby From Getting Cavities !!!



For more information contact Lyn Wilson-King, Program Manager, at 505/272-6751 or lwilson-king@salud.unm.edu

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS), Grant Number H47MC28481. Information, content and conclusions are those of the authors and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.





¿Sabía usted? Los Dientes y las Encías sanas durante el embarazo *mantienen a usted y a su bebé sanos*

... Haga el cuidado de todos los días



- Cepílese los dientes en las mañanas y las noches
- Use pasta de dientes con fluoruro
- Use hilo dental para los dientes
- Mastique goma de mascar xilitol después de comer



... Coma sano



- Coma muchas comidas verdes y verduras
- Beba agua!!!
- Para bocadillos coma nueces y queso

Coma dulces solamente con sus comidas

Si usted vomita en la mañanas:



- Enjuáguese la boca después de vomitar con bicarbonato de sodio y agua
- Espere 30 minutos y luego se cepilla con pasta dental con fluoruro

... Ver al dentista



- Consiga una limpieza dental
- Consiga un examen y que le arreglen las caries

... Aprenda a mantener al bebé sin cavidades !!!



Para más información comuníquese con Lyn Wilson-King, Gerente de Programa, al 505 / 272-6751 o lwilson-king@salud.unm.edu



How Should I Take Care of My Infant's Teeth ?

Before Teeth

After feeding

- Use a soft cloth to clean gums
- This trains the baby for a toothbrush when he has teeth



From the First Tooth

Brush tooth after meals

- Use a soft toothbrush and toothpaste with fluoride
- The amount of toothpaste is the size of a grain of rice



Bedtime care

- The last thing to touch teeth is toothpaste with water



Sharing Causes Cavities

- Only baby puts the pacifier/binky, nipples or spoons in mouth

Food and Drink

- Give sugary foods and juices at mealtime only
- Put water only in sippy cups or bottles
- No sodas or sports drinks

Stop Cavities

- Fluoride makes teeth stronger
- Tap water has minerals and fluoride and is better for baby
- See a Dentist by baby's first birthday



1 + 1 = ZERO 1 Dental visit when there is 1 tooth equals ZERO cavities

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¿Cómo Debo Cuidar Los Dientes de mi Bebé?

Antes que salgan los dientes

Después de la alimentación

- Utilice un paño suave para limpiar las encías
- Esto entrena al bebé para un cepillo de dientes cuando tenga dientes



Desde el primer diente

Cepille el diente después de las comidas

- Utilice un cepillo de dientes suave y pasta de dientes con fluoruro
- La cantidad de pasta de dientes es del tamaño de un grano de arroz



Cuidado a la Hora de dormir

- La última cosa que toque los dientes es la pasta de dientes y el agua

Compartir causan las caries

- Sólo el/la bebé puede tocar el chupete / chupón, los pezones de hule para la botella/"teta" o las cucharas en la boca



Comidas y bebidas

- Dar alimentos y jugos azucarados a la hora de comer solamente
- Ponga el agua sólo en vasos "sippy" para bebés o botellas
- No dar sodas o bebidas deportivas

Parar las caries

- El fluoruro hace los dientes más fuertes
- El agua del grifo tiene minerales y fluoruro y es mejor para el bebé
- Vea a un dentista para el primer cumpleaños del bebé



1 + 1 = CERO 1 visita dental cuando hay 1 diente es igual a cero caries

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How Should I Take Care of My Teeth When I am Pregnant?



Take Good Care of Your Teeth and Gums

- Brush your teeth for two minutes twice a day
- Use toothpaste *with fluoride*
- Floss your teeth every day

Gum With Xylitol Protects Teeth

- Chew for at least 5 minutes 4 times a day
- Xylitol should be the first ingredient listed

(Xylitol is NOT safe for dogs)



See a Dentist Right Away When You Find Out You are Pregnant

- It is ok to have x-rays of your teeth.
- If you need x-rays, the dentist will have you wear a special apron and collar to keep you and your baby safe.

What Foods are Good to Eat When I am Pregnant?

- Vegetables and cheese are good snacks between meals
- Drink water, coffee, or tea without sugar or milk between meals
- Eat starchy foods like potatoes, bread, pasta, and tortillas only with meals
- Eat sweet foods like juice, milk, sodas, candy, cakes, and cookies only with meals.



What should I do if I Have Morning Sickness?

- Mix 1 teaspoon of baking soda in 8 ounces of water
- Rinse your mouth and spit
- Wait 30 minutes then brush with fluoride

(Rinsing after vomiting stops acid that causes cavities)

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Albuquerque Women's Health and Maternity Care providers!!

All women are encouraged to seek dental care and associated oral hygiene services as part of comprehensive prenatal care. Baby's first birthday should be celebrated with first dental visit, as well.

UNM Dental Medicine services is an excellent Albuquerque referral resource. Many in the community have asked for contact information and location of the UNM Dental Clinic. A flier on the reverse side, has the central phone number for appointments.

Patients should call 925-4031 to arrange services.

- Any patient insured by most Medicaid and Dental insurance plans can be seen at UNM dental medicine.

- ***Pregnant patients with Medicaid*** should tell the phone operator that they are pregnant and that their prenatal provider recommends a dentist visit as soon as possible.

- The UNM Dental Hygiene Education program provides very reasonable out of pocket pricing.
 - See attached fee schedule for cleanings, x-rays and treatments.

Sliding Fee Dental services are not available at UNM

Dental services by sliding scale *are* available at:

First Choice Dental Medicine **(505) 873-7423** (Albuquerque, Los Lunas and Edgewood)
2001 El Centro Familiar Blvd SW

Community Dental **(505) 843-7493**
2116 Hinkle St SE

La Familia Dental **(505) 474-1438**
2145 Caja Del Oro Grant Rd
Santa Fe



UNM Dental Medicine

Enhancing Smiles in New Mexico... One smile at a time!

Camino De Salud Clinic:

1801 Camino De Salud
Albuquerque, New Mexico 87102

Novitski Hall:

900 Yale Blvd.
Albuquerque, New Mexico 87131

Camino De Salud Clinic:

Family & General Dentistry Services

Dental Faculty, Residents and Hygienists, provide dental services in the Camino De Salud Clinic. Preventive, reconstructive, restorative and emergency dental care are available.

Offers comprehensive dental care including implant dentistry, medically complex patients, sedation dentistry, cosmetic dentistry, oral surgery services and teeth whitening.

Accepts most major insurance providers, including: Most Medicaid plans, Delta Dental, Cigna, United Concordia, Metlife, GEHA

Novitski Hall:

UNM Student Hygiene Clinic

Dental hygiene students are supervised by licensed dental hygiene faculty. Fees are greatly reduced from private offices and clinics and payment is due at time of service. Appointment days and times vary in spring and fall semester schedules. Patients should call the appointment desk to inquire about clinic schedule.

Medicaid and other major insurance providers are accepted.

*Appointments generally run 3 hours long and additional appointments may be needed to complete therapy.

Some of the services we provide include:

- Basic Cleaning (\$40.00)
- Deep Cleaning (\$50/quad)
- Dental sealants (\$15.00 each)
- Professional fluoride treatments (\$10.00)
- Mouth guards (\$50.00)
- Dental radiographs: Full mouth x-rays (\$40.00)
- Panoramic x-rays (\$20.00)

Call

505-925-4031

**for more
information
or to
schedule an
appointment!**