



# Oral Health Promotion

## For MO





# PRINCIPLES OF HEALTH EDUCATION

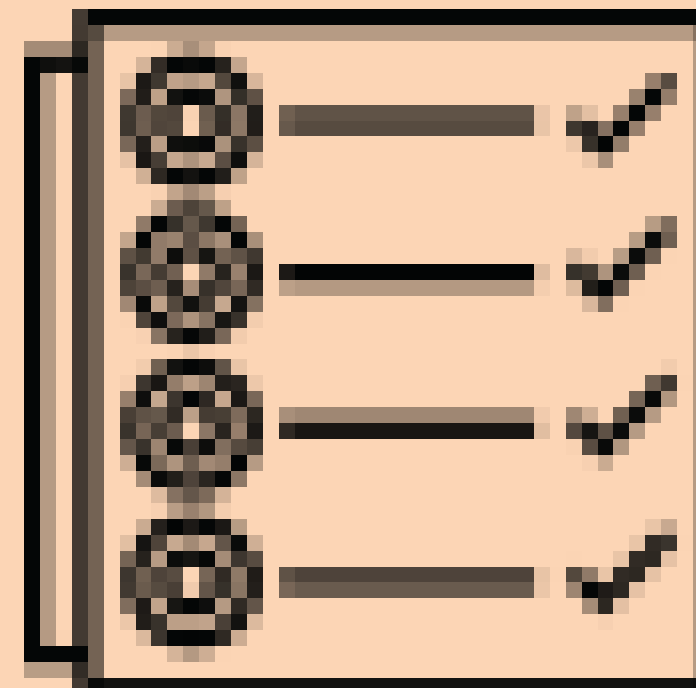




# OBJECTIVES

At the end of the session participants will be able to:

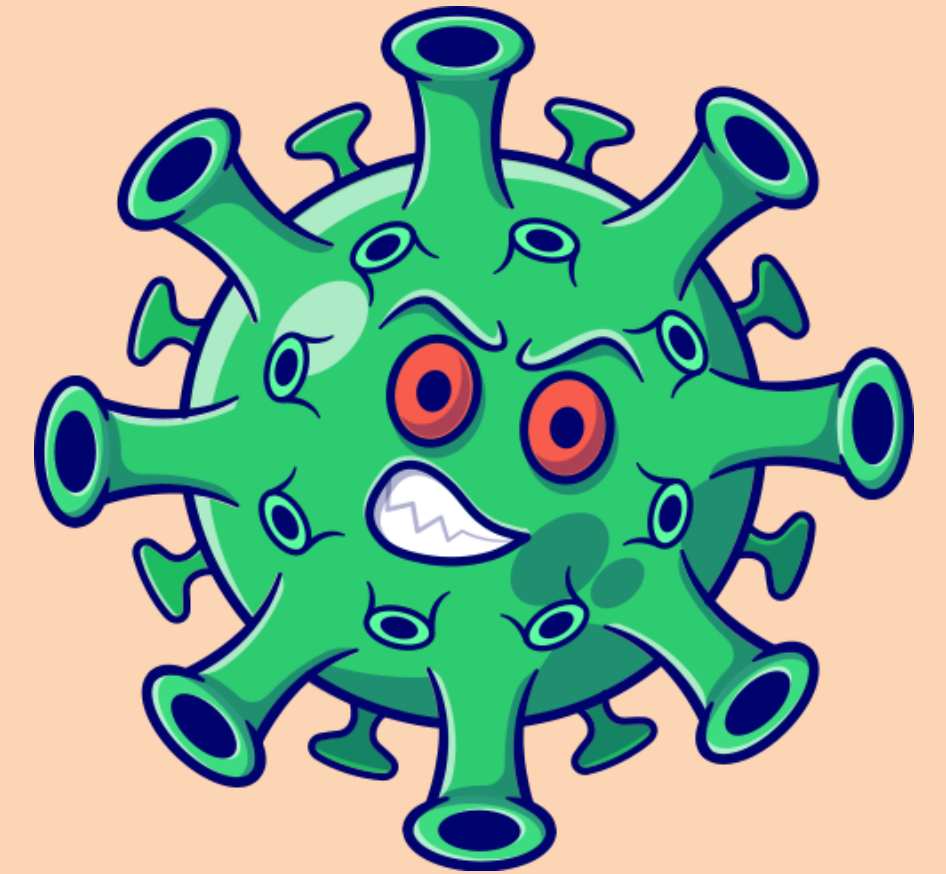
- List the risk factors associated with oral health
- Have an understanding of oral health promotion
- Describe the healthy practices to maintain oral health
- Identify the role of MO in oral health promotion





# WHAT IS RISK FACTOR?

- A risk factor is a condition or behaviour that increases the chances of developing a particular disease





# Some cases: Are they at risk?

## If so , for what?

Nawab is 24 years old and has been chewing tobacco since he was ten years old.

His teeth are discolored and he keeps getting ulcers in his mouth.

Juhi, a 7 months baby more often fall asleep with a feeding bottle in her mouth for a longer period.

Prasad is always busy with his office work and in a hurry. Several times he skips his lunch and dinner due to work stress. Whenever he eat, he cleans his mouth with a tissue only and chew sweetened mouth freshener to avoid the food smell.



# RISK FACTORS - HEALTH

## Modifiable Risk Factors

- Unhealthy diets
- Lack of physical activity
- Tobacco use
- Alcohol consumption
- Environmental factors

## Non-Modifiable Risk Factors

- Age
- Sex
- Family history

- High blood pressure
- High blood glucose levels
- High blood fat levels
- Excess body fat (being overweight)

## Outcome

- Cardiovascular diseases (Heart disease, Stroke)
- Diabetes
- Cancers
- Chronic Respiratory Diseases (Asthma, difficulty in breathing)
- Tooth decay/cavities

**Source:** Adapted from WHO STEPwise approach to NCD surveillance, WHO-2003



# SIX RISK FACTORS FOR ORAL HEALTH



Risk factors	Nature of risk factor	Overall effect	Effect on oral health
1- Diet	High in sugar and fat. Low in fiber and essential vitamins	Heart attacks, strokes, obesity, diabetes	Dental Decay
2- Tobacco smoking /chewing	Any form of consumption- smoking , chewing ..	Heart disease, lung diseases, diabetes, cancer	Discoloration, Gum diseases, Oral cancer
3- Poor dental hygiene	No or improper brushing. Not rinsing the mouth. Picking teeth using any objects.	Main cause of Bad breath, gum disease . Inflammatory conditions.	
4- Injuries	Due to any accident, violence...	Fractures, stress (physical and mental effect)	Improper alignment of teeth- tooth decay- gum diseases
5- Alcohol consumption	Large quantities of alcohol consumption	High BP, liver disease, heart disease.	Oral cancer. Fractures of jaws and teeth
6- Stress	Excessive stress- work, relationship, family...	Life-style behavior changes, dull, neglecting oral and personal hygiene.	General oral health problems like bad breath



Average Indian mouth



# RISK FACTORS FOR ORAL DISEASES





# REMEMBER

All major NCDs including oral diseases, share the same social determinants and some common modifiable risk factors like:

- Poor diet,
- Tobacco use and
- Alcohol use





# HEALTH PROMOTION FOCUSES ON

1

Keeping people healthy

2

Helping people make changes in lifestyle to prevent diseases

3

Motivating behaviour changes to avoid complications among those with diseases





# THREE PRINCIPLES

- Oral health promotion – Prevent oral diseases from occurring in individuals by helping them adopt healthy lifestyle practices such as proper tooth brushing.
- Diagnosis and treatment – Early detection of oral diseases in individuals and help them get prompt treatment so that the disease is controlled at an early stage, especially in oral cancers.
- Prevent complications of the disease and its progression to late stages in the individual by facilitating complete treatment and follow ups.



# IMPORTANCE OF ORAL HEALTH PROMOTION?

- Improves the health behaviour of individuals and communities and make positive changes in the habits that affect their oral health.
- Improves the oral health status of individuals, families, communities.
- Reduces the costs (both financial and human) that individuals and communities would spend on dental treatment.
- Oral Health Promotion has a lifelong effect.
- The earlier Oral Health Promotion begins, the better its effects are.



# ORAL HEALTH PROMOTION – ADOPTION OF HEALTHY PRACTICES



Teaching	Teaching proper tooth brushing and other mouth cleaning techniques
Explaining	Explaining how to adopt healthy lifestyle to prevent oral diseases- diet, personal hygiene
Creating	Creating awareness among people regarding common oral diseases
Getting	Getting people to go for regular annual oral health check up after the age of 30 years

# MAINTAINENCE OF ORAL HYGIENE



- Plaque is the main reason of common dental diseases
- Is a colorless film, which sticks to teeth at the gum line and constantly forms on teeth

- Brushing teeth twice a day
- Tongue Cleaning
- Rinsing of mouth after meal - Use of Mouthwashes / warm saline rinses



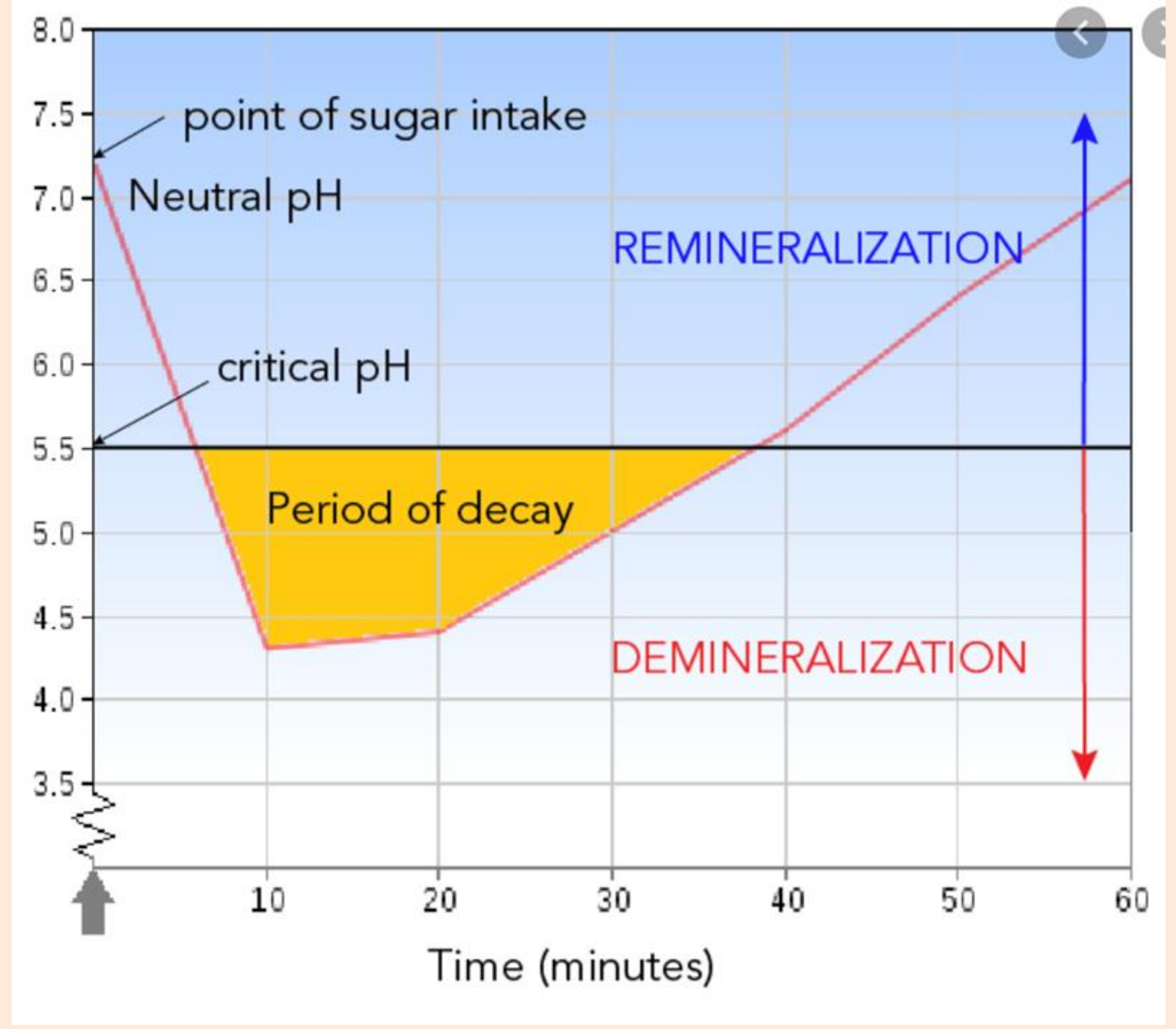
# TOOTH BRUSHING

1. Brush your teeth twice daily
2. Avoid aerated drinks sticky/ sweet food ; Snacking between meals.
3. Brushing and rinsing mouth with water and massage over gums
4. Do not quit brushing during pregnancy



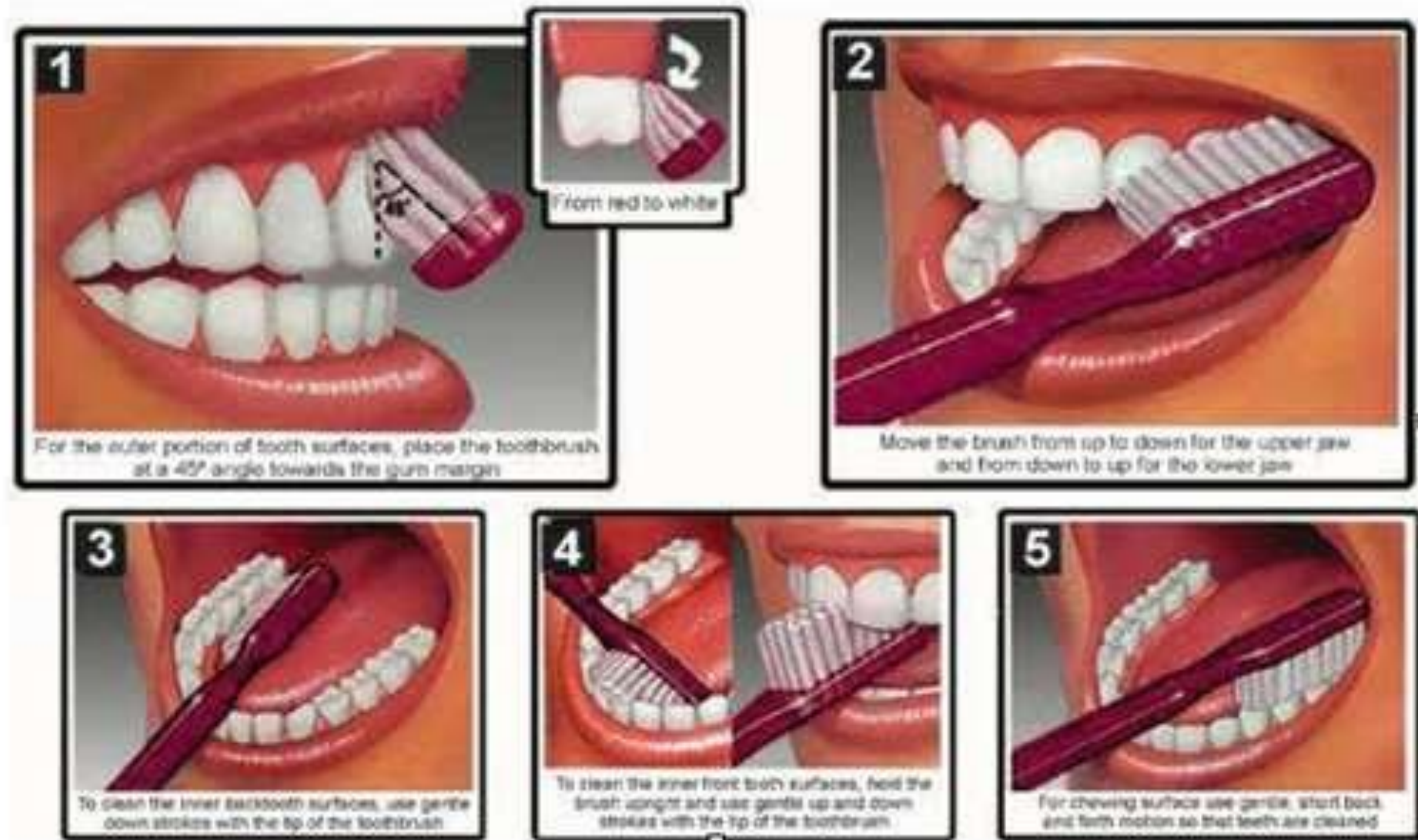


# TOOTH BRUSHING



# TOOTH BRUSHING TECHNIQUE

Read out  
steps  
from  
Oral  
Care  
Module





# SMILEY CALENDAR

"BRUSH YOUR WAY TO HEALTH"

Colour the sun if you brushed for two minutes in the morning and colour the moon if you brushed for two minutes at night, before bedtime.

Add the suns and moons at the end of each month-this will show your brushing streak!

	1	2	3	4	5	6	7
Week-1							
	8	9	10	11	12	13	14
Week-2							
	15	16	17	18	19	20	21
Week-3							
	22	23	24	25	26	27	28
Week-4							
	29	30	31				
Week-5				For Brushing in the Morning- 1 mark For Brushing in the Night,before bedtime- 1.5 marks			

1-36: NOT ENOUGH, BUCK UP!!    37-59: GOOD,BUT CAN DO MUCH BETTER!    60-75: EXCELLENT,KEEP IT UP!

Name:.....  
Class:.....  
Month:.....



# TONGUE CLEANING



The tongue should be cleaned using a toothbrush or a tongue cleaner every time along with brushing teeth.

Read out steps from Oral Care Module

# TONGUE CLEANING



**THE BENEFITS OF TONGUE CLEANING**

- 1 FRESHENS BREATH BY REMOVING BACTERIA**
- 2 REDUCES COATING ON THE TONGUE**
- 3 IMPROVES SENSE OF TASTE**
- 4 HELPS IMMUNITY**
- 5 SLOWS PLAQUE FORMATION ON TEETH**
- 6 ACTIVATES SALIVA PRODUCTION AND HELPS PROMOTE "DIGESTIVE FIRE"**

The tongue should be cleaned using a toothbrush or a tongue cleaner every time along with brushing teeth.



Read out steps from Oral Care Module

# MOUTH RINSING



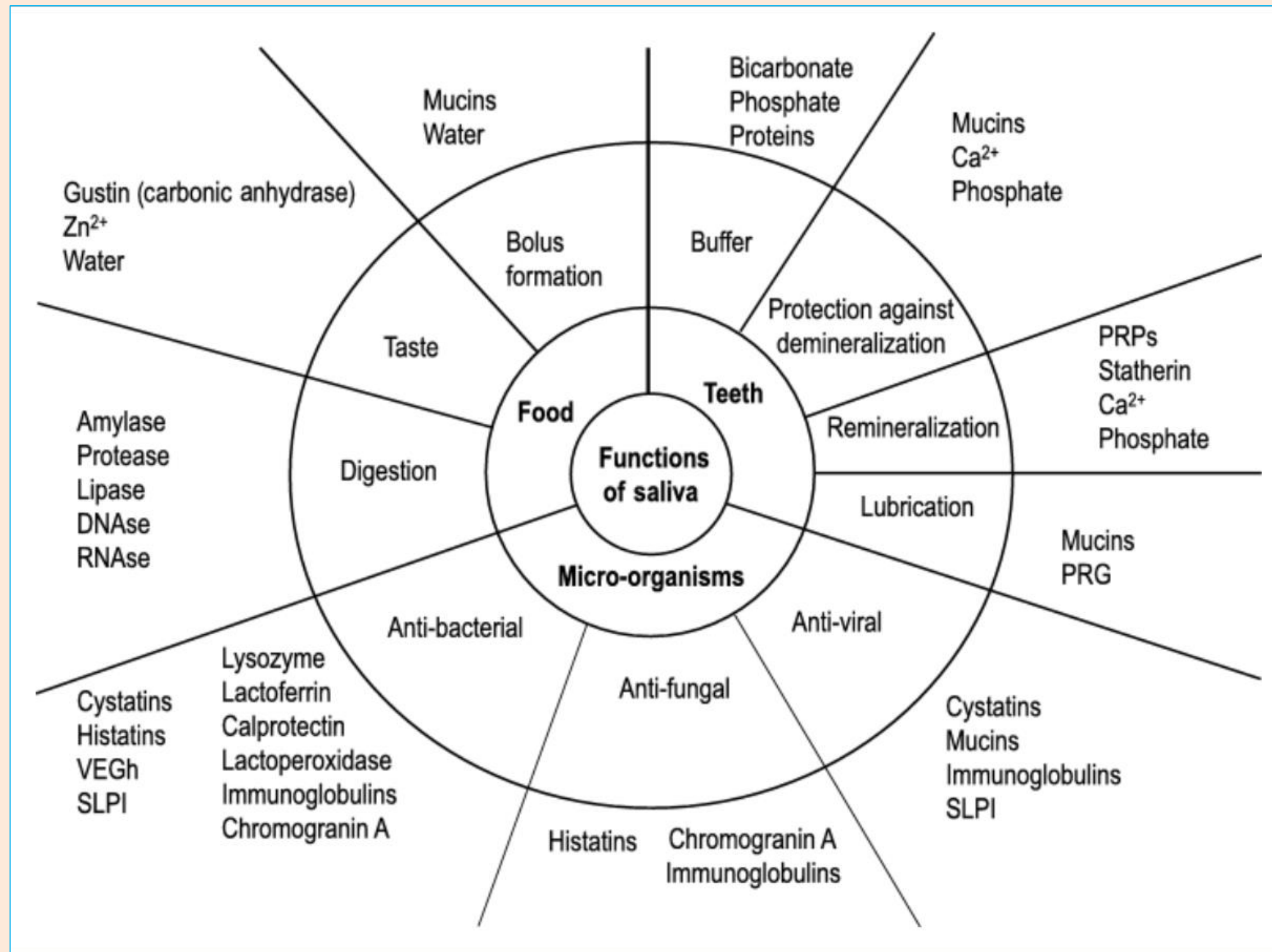
Rinsing after meals is very essential. Mouth should be rinsed with plain water after every meal, especially after eating sugary and sticky foods.

For small babies give water as last feed.

Warm saline rinses should be done for relief from common oro-dental problems like pain and swelling in gums, swelling in mouth till the time care at the nearest facility is accessed.

Medicated Mouthwashes can be used as prescribed by the Dentist.

# MOUTH RINSING



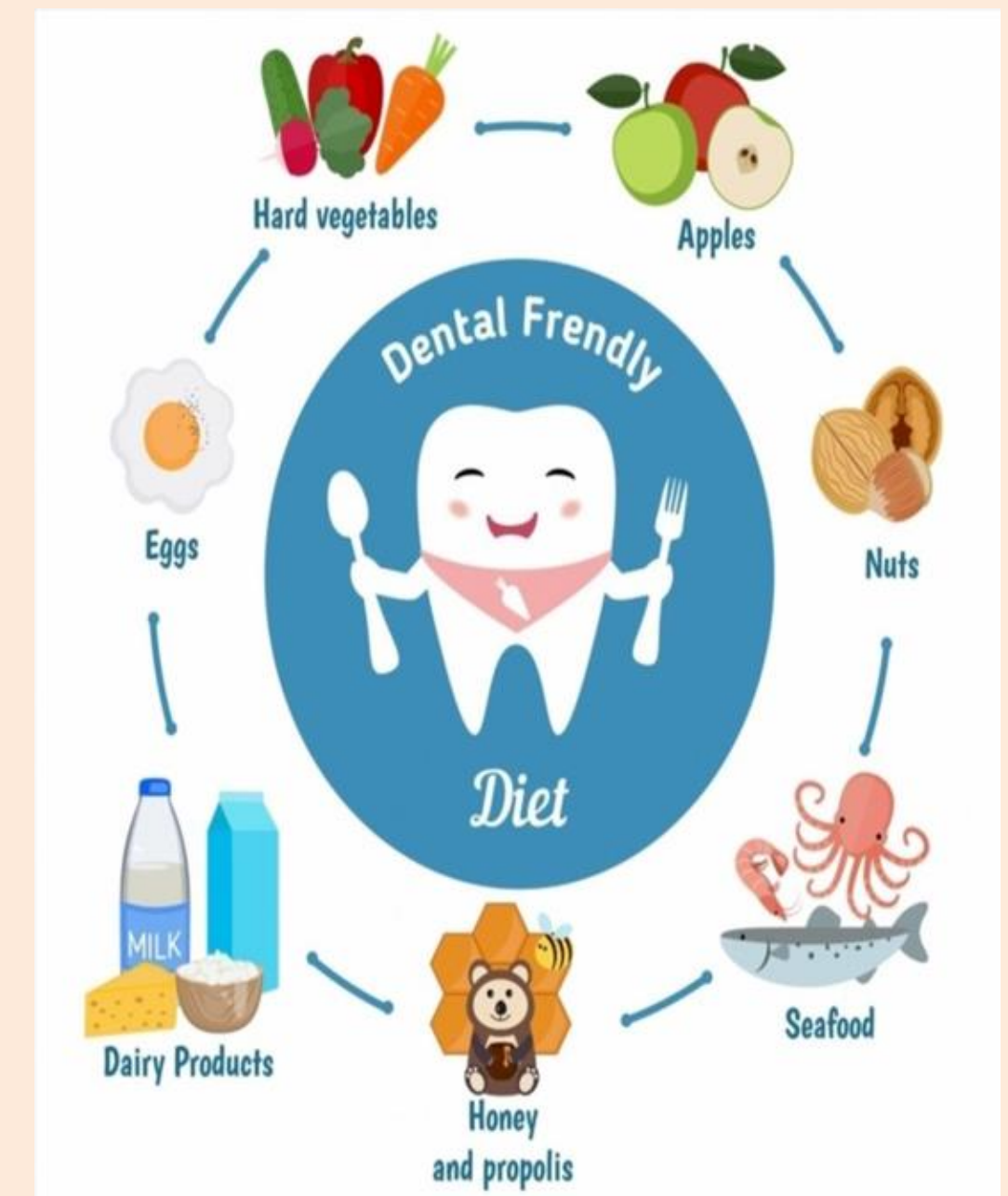
# EATING RIGHT



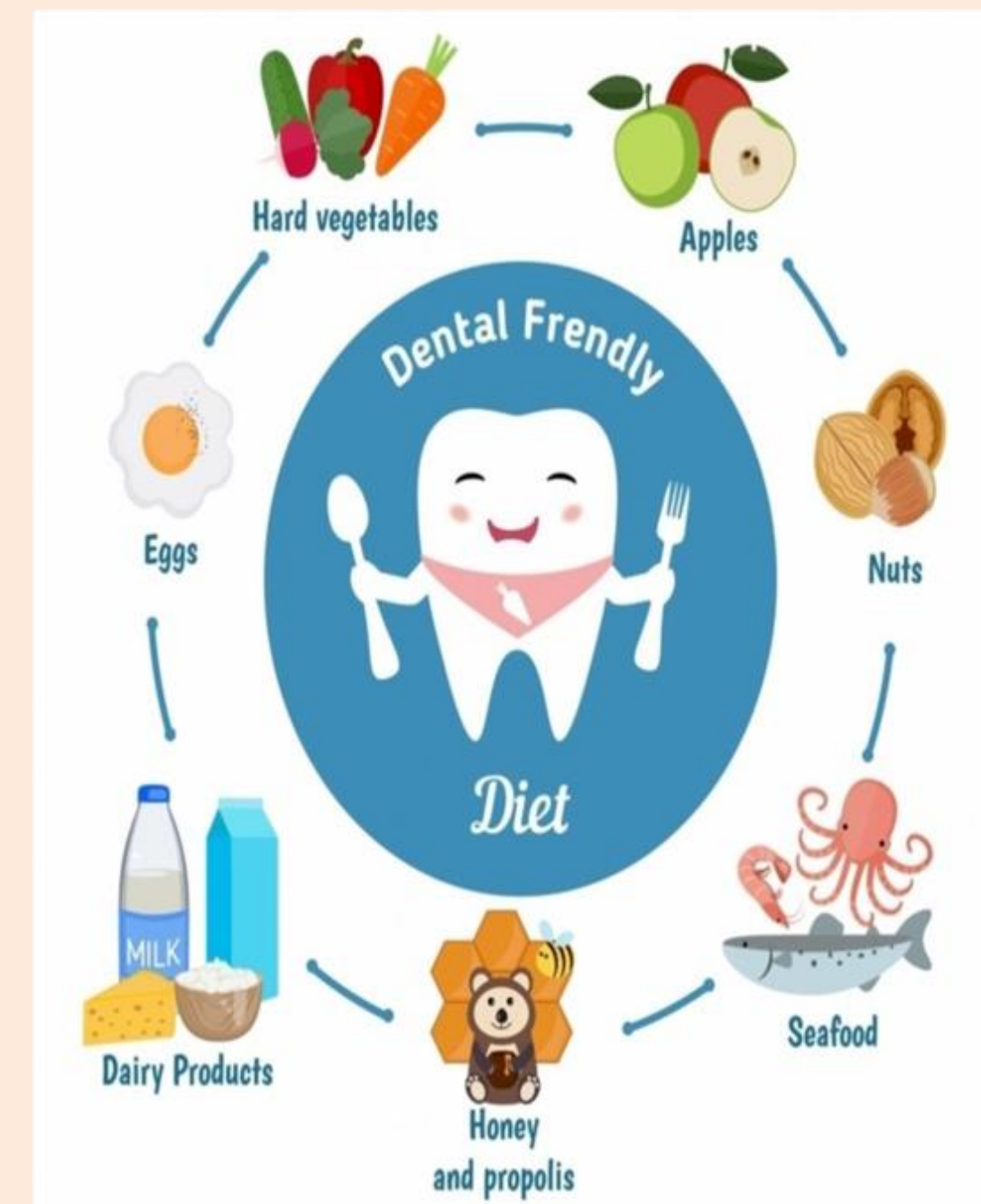
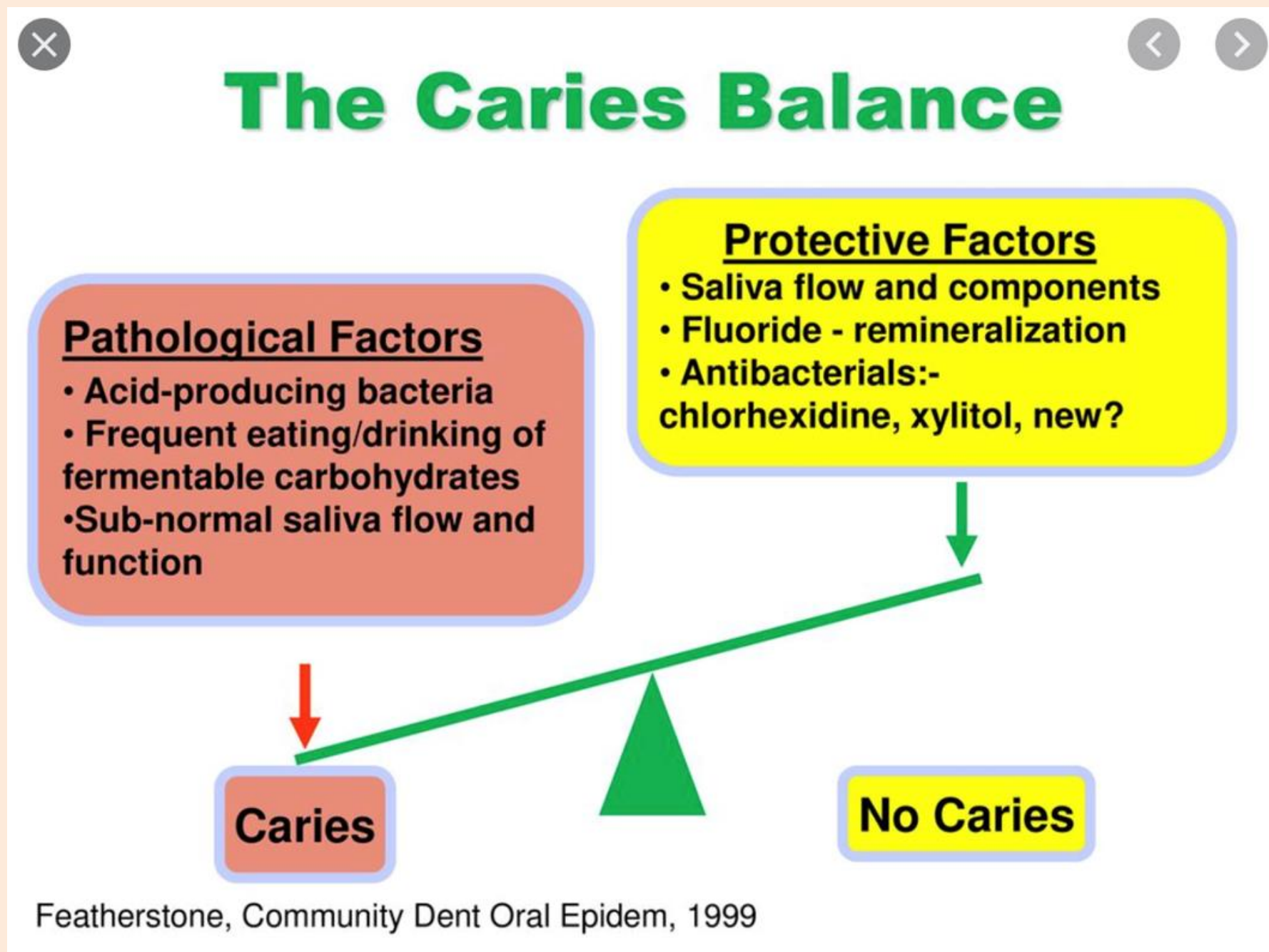


# ANTICARIOGENIC DIET

- Foods such as nuts, cheese, and onions have been shown to slow the growth of decay-causing bacteria in the mouth.
- Consume fresh fruits and vegetables
- Avoid processed foods and sweetened beverages.
- Avoid snacking in between meals



# ANTICARIOGENIC DIET



# AVOID TOBACCO USE

- Stained teeth increases the risk of gum disease and oral cancer.
- Every person who uses tobacco should be motivated to stop
- Those who have not yet started should be counselled not to start.
- Stress often leads to increased consumption of tobacco and alcohol.
- Stress management techniques like yoga and meditation should be practised.



# REGULAR CHECK-UPS



Regular check up at the nearest facility should be advised.



Professional teeth cleaning every six months if suggested by the dentist.

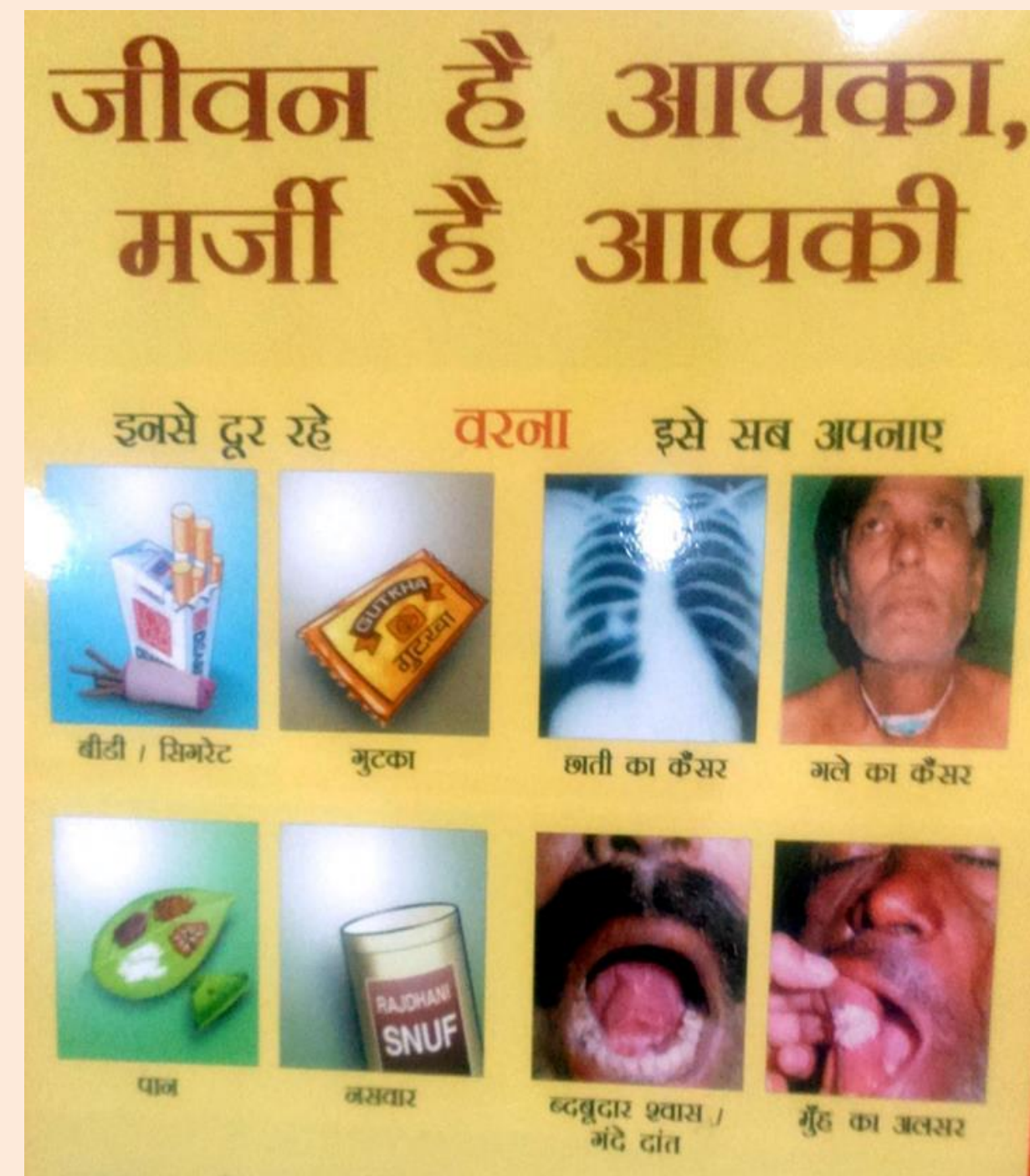


Some patients might need to come in every three or four months, due to the advanced level of gum disease.



# ORAL CANCER PREVENTION AND SCREENING

- When found early, it can have almost a 90% survival rate.
- But Oral cancer is usually detected late and has a 50% mortality rate.
- It is mainly associated with heavy smokers or excessive alcohol use.
- There is a significant increase in oral cancer in non-smokers and non-drinkers.



**SELF EXAMINATION IS BENEFICIAL FOR EARLY DETECTION OF ORAL CANCER.**





# ENCOURAGING FACTS – TOBACCO CESSATION

## Planners

55.4% of current smokers

49.6% of current smokeless tobacco



## Advised/ Seekers

48.8% of current smokers

31.7% of current smokeless tobacco

Tobacco Cessation

Quitters





# 5A'S- ANOTHER APPROACH FOR BEHAVIORAL INTERVENTION

<b>ASK</b>	about tobacco USE
<b>ADVISE</b>	tobacco users to QUIT
<b>ASSESS</b>	readiness to make a QUIT attempt
<b>ASSIST</b>	with the QUIT ATTEMPT
<b>ARRANGE</b>	FOLLOW-UP care





## Tips for Quitting Tobacco तम्बाकू छोड़ने के तरीके



**DRINK WATER INTERMITTENTLY**  
बीच बीच में पानी पीयें



**DO SOMETHING AND DISTRACT**  
ध्यान भटकार्यें और कुछ और काम करें



**DIET RICH IN FRUITS AND VEGETABLES**  
फल और सब्जियों से भरपूर आहार लें



**DELAY TOBACCO USE**  
तंबाकू के उपयोग में देरी



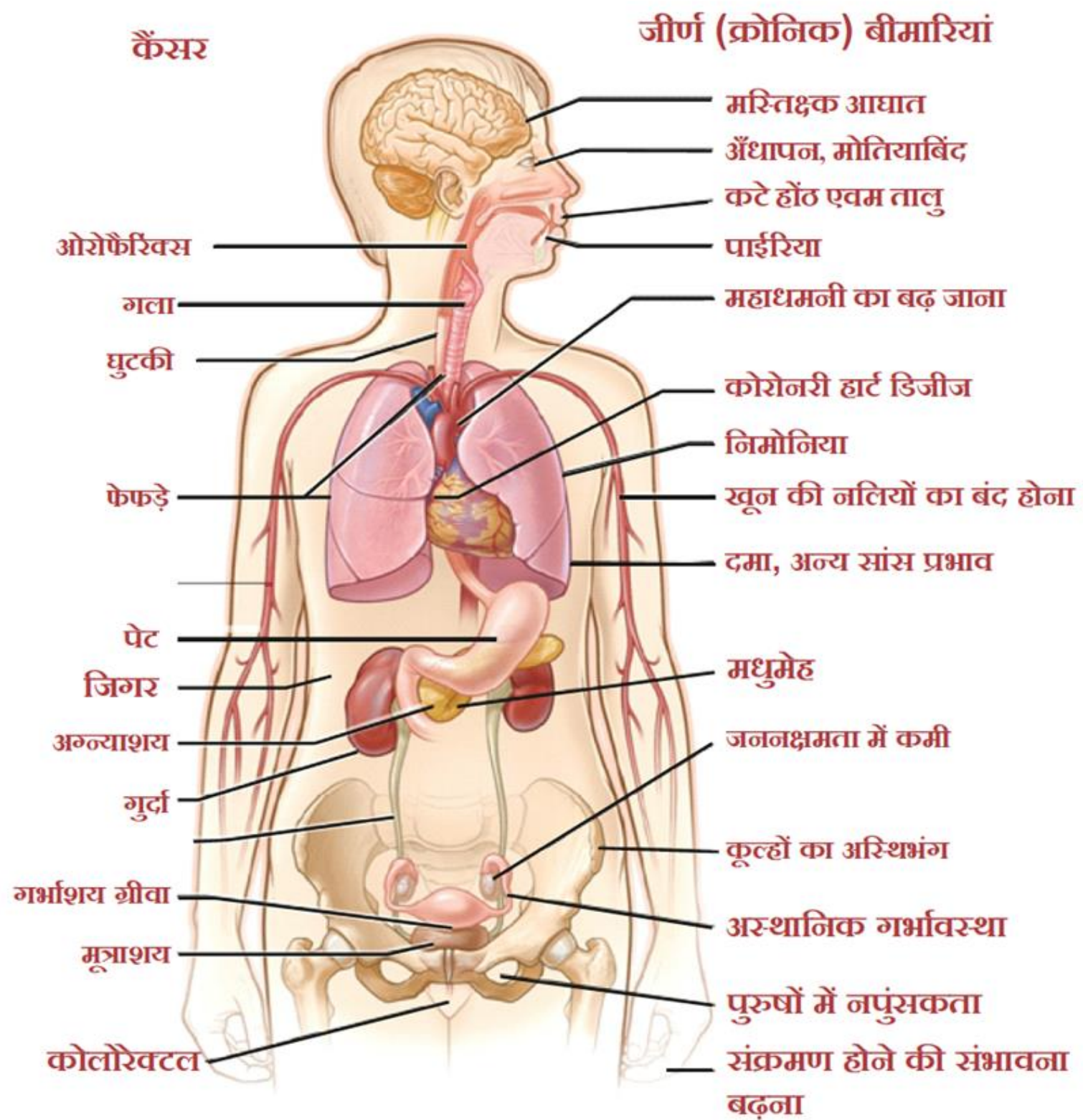
**DEEP BREATH**  
गहरी सांस ले

Day 1 1st Visit	Day 2	Day 3 Stop smoking or Stop breathing	Day 4	Day 5 Be strong every day	Day 6	Day 7 Quit day
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14 QUIT 2 WIN Freedom from smoking
Day 15 You are doing good	Day 16	Day 17 Thank you for not smoking	Day 18	Day 19	Day 20	Day 21
Day 22 Yes you can	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30					





# तम्बाकू के दुष्प्रभाव





# ORAL SELF-EXAMINATION TECHNIQUE



1. First check the lips, and the inside lining of the lips

2. Next check the inside of the cheeks on both sides

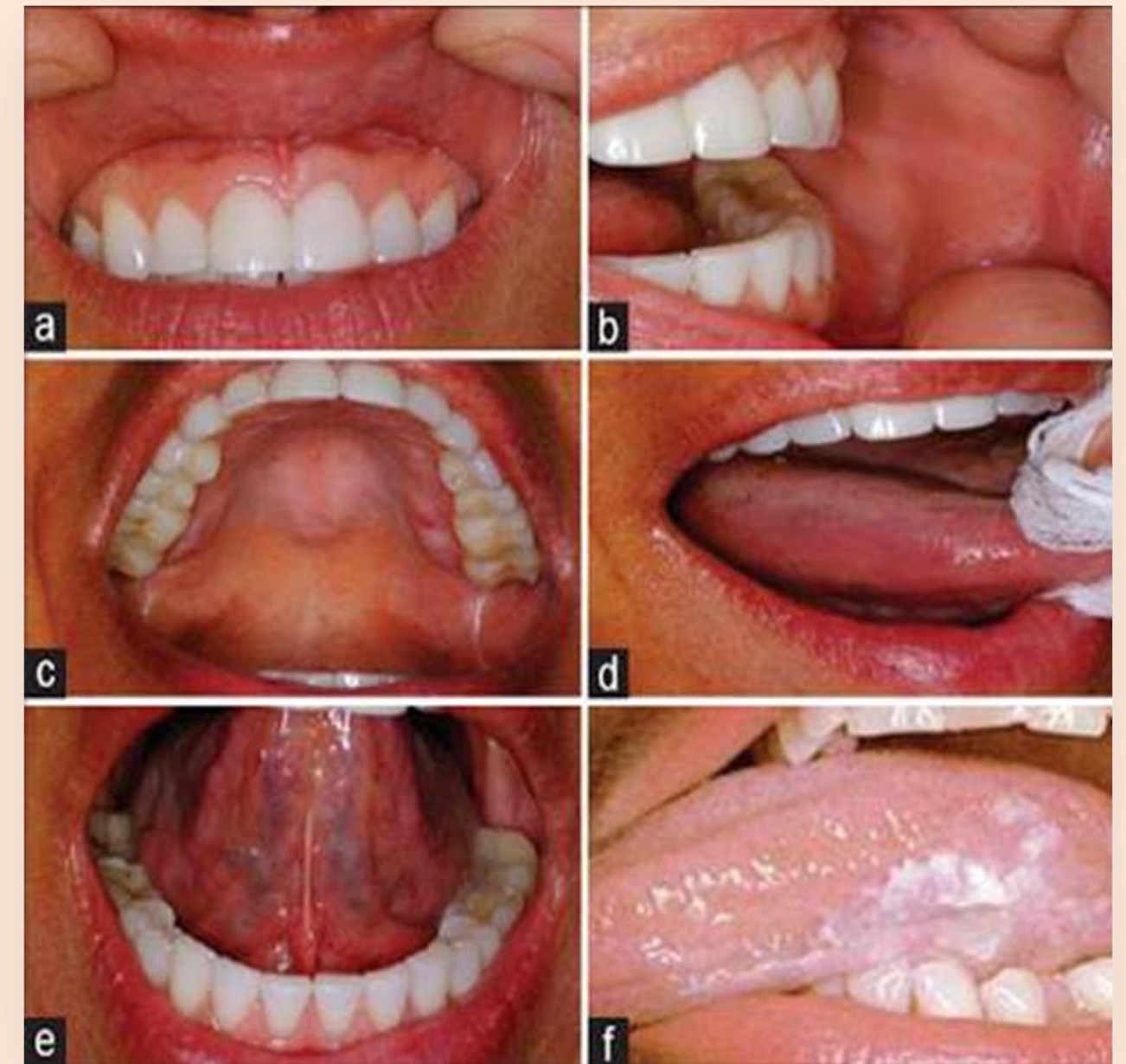
3. Thirdly, check on the palate - the hard and soft part on the roof of the mouth

4. Hold the tongue with a piece of gauze or a clean cloth; look in the mirror and check the tongue

5. Then look under the tongue

6. Finally check both sides of the tongue.

7. Advise people to do this examination once a month. If they find anything abnormal inform ASHA/MPW/ CHO





# ROLE OF MEDICAL OFFICERS

- Oral Health Promotion among out patients through: IEC Activities.
- Oral Health Education- addressing oral hygiene practices, habits, myths and taboos
- Prevention of common oral diseases through dietary advice and tobacco cessation.



# CARE OF PATIENT IN PAIN IN THE ORAL CAVITY

- Give one dose of Paracetamol stat. with water
- Determine likely cause for pain. Avoid any warm compress at site of pain, placing camphor/tobacco, petroleum products at site of pain
- Inform CHO and Teleconsult with the dentist and give first line of antibiotics prescribed.
- Discuss with family findings and need to refer to the nearest dentist if pain not relieved.
- Wash hands and document findings.





- Coordinate with school oral health programs, RBSK, NPPCF, RCH, ICDS, NTCP.
- Monitoring and ensuring quality care and smooth functioning of oral health services at HWCs.
- Record keeping and maintenance of registries.



- Mentor ASHA, MPW & CHO to impart preventive and promotive
- Oral health care.
- Conduct and coordinate Oral Health Care trainings for various healthcare workers, school teachers, volunteers and other Self-Help Groups.



# HEALTH PROMOTION IDEAS









# PLATFORMS FOR ORAL HEALTH PROMOTION IN THE COMMUNITY

- Meetings of Gram Sabha
- VHSNC/MAS
- Panchayati Raj Institutions
- Self-help groups
- Peer educators
- Anganwadi centers
- Schools





# Thank You

