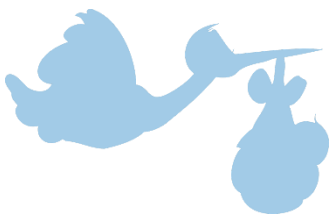


Welcome to the
NHS Grampian MCN
Oral and Dental Health
Conference 2023

Wi-fi password:
XXXXXX

“Promoting Lifelong Smiles”

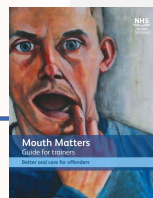
A Whistle Stop Tour of Oral Health Improvement through the Life Stages



Childsmile (0-12yrs)



Mouth Matters (16-64yrs)



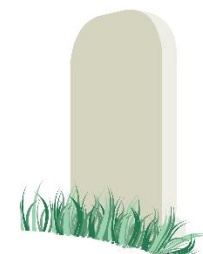
Open Wide (16-64yrs)

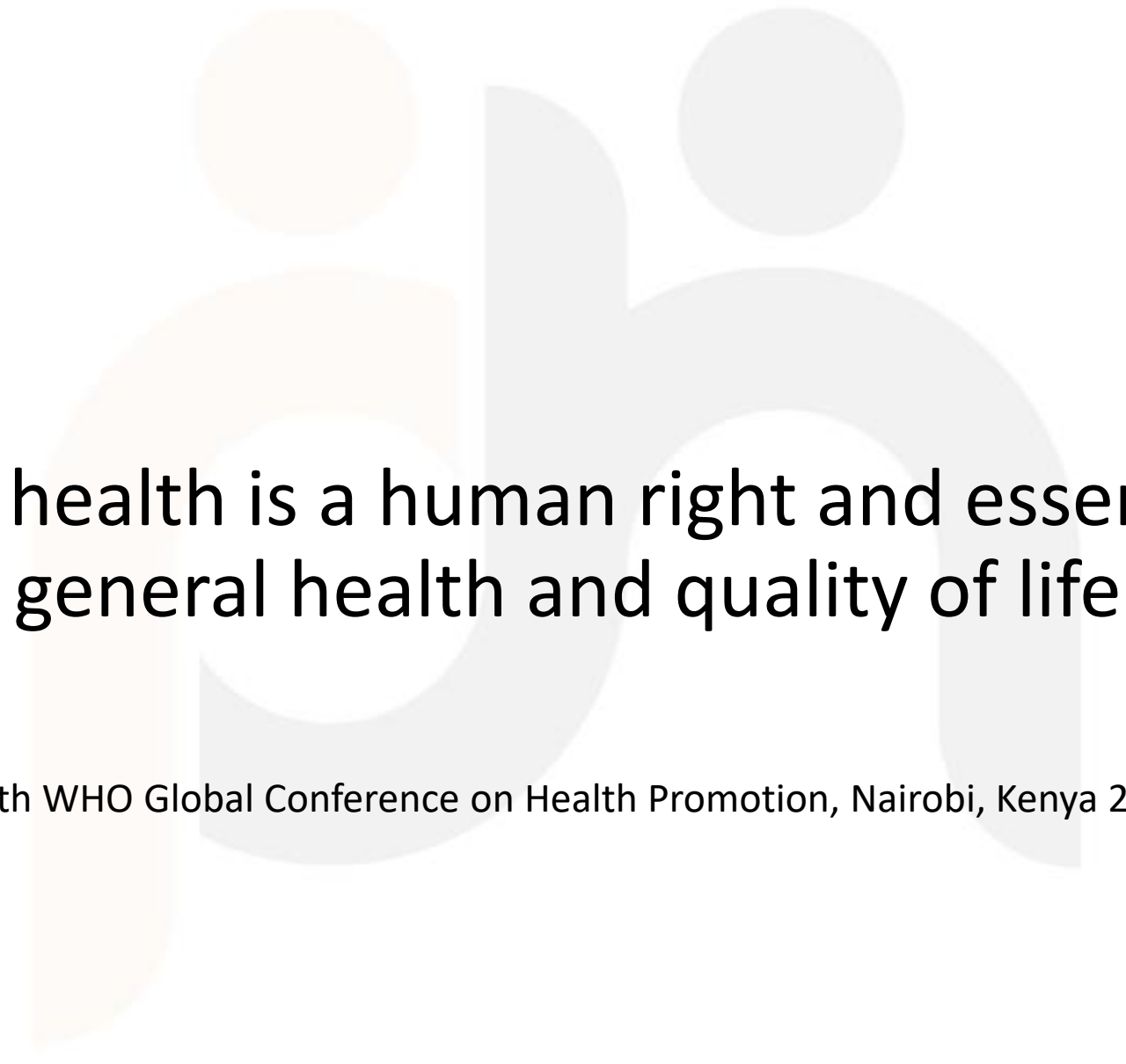


Smile4Life (16-64yrs)



Caring for Smiles (65+yrs)



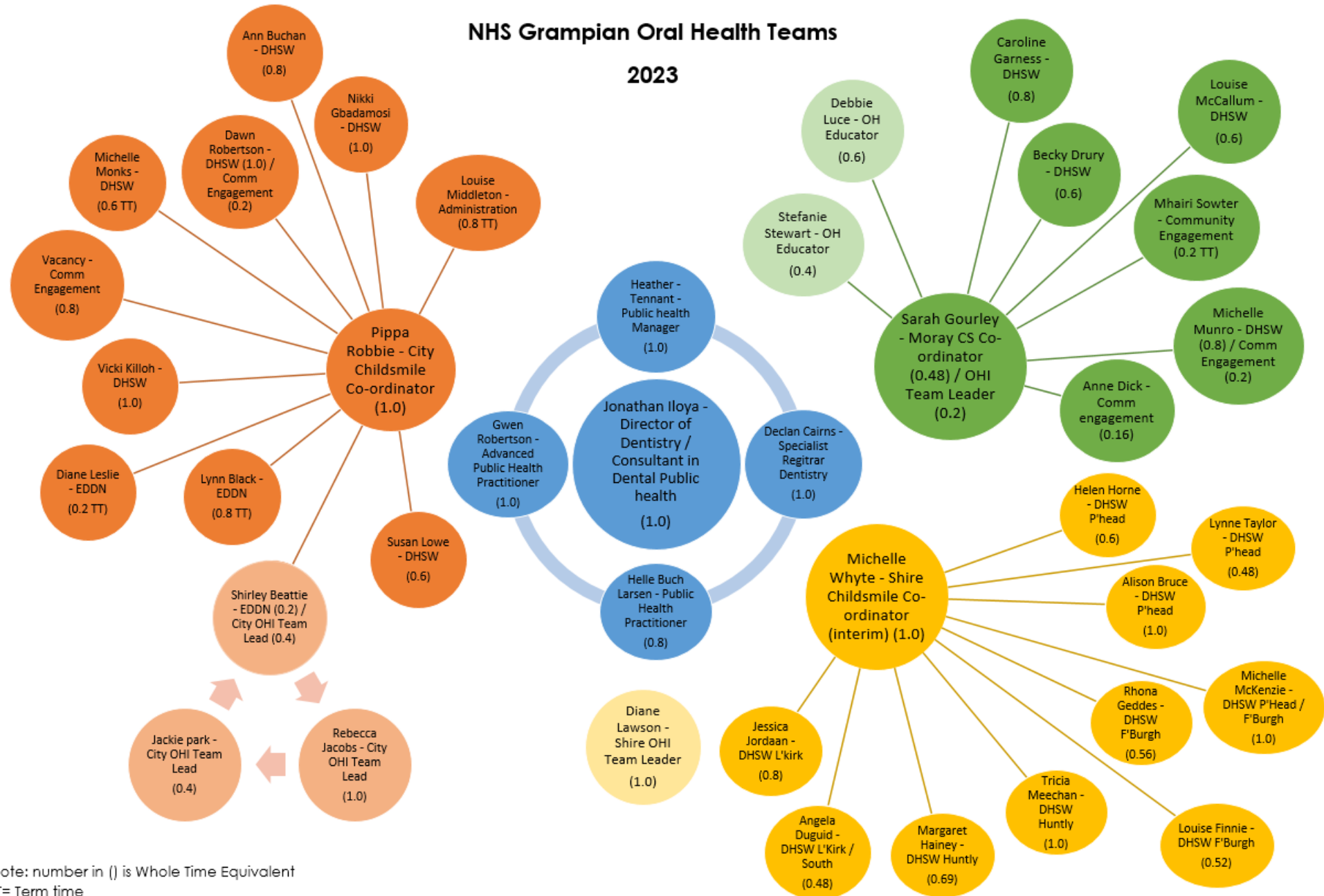


"Oral health is a human right and essential to
general health and quality of life"

(7th WHO Global Conference on Health Promotion, Nairobi, Kenya 2009)

NHS Grampian Oral Health Teams

2023



Note: number in () is Whole Time Equivalent
TT= Term time

0-12 years



Childsmile

Improving the oral health of children in
Scotland

Childsmile

Toothbrushing



- All nurseries
- Targeted primary schools

Fluoride Varnish



- Targeted nurseries and primary schools
- 6 monthly fluoride varnish applications by EDDNs
- Follow-up of children not regularly attending dental services

Community & Practice



- Address inequality
- Enhanced home/ community visiting to support parents
- Increased provision of oral health promotion within dental primary care by EDDNs

NDIP – National Dental Inspection Programme

Dental inspections are carried out every year in all local authority schools

There are 2 levels of inspection – Basic and Detailed

Schools selected for detailed inspections are selected using randomised process

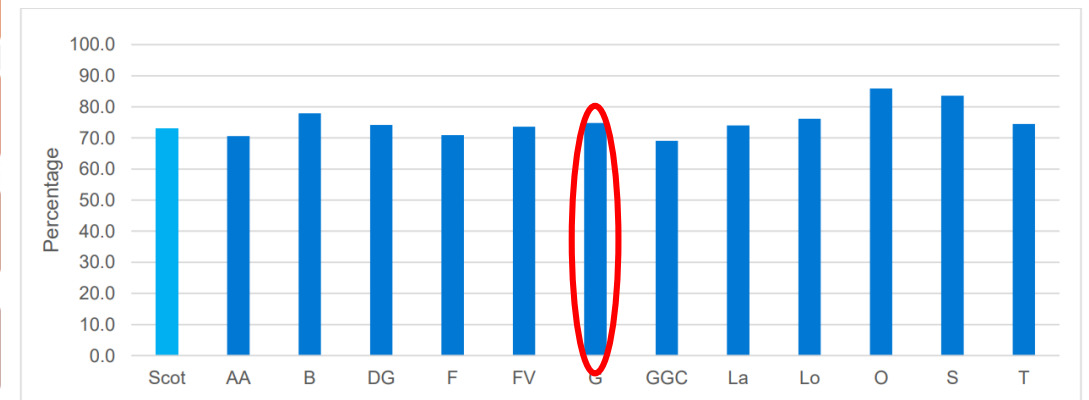
Detailed inspection alternates between P1 and P7 alternate years

Informs parents/carers of the OH status of their child (A, B or C letter)

Data from detailed inspections are used to compile the National NDIP report

The Public Health team help to collate the Grampian data each year

Percentage of Primary 1 children in Scotland with no obvious decay experience in 2022; by NHS Board



Categorisation of dental health status and letters sent

- **'A' Letter** – gross caries/dental abscess – immediate dental appointment should be arranged by parent/guardian
- **'B' Letter** – evidence of early caries, evidence of past caries experience i.e. restorations or deciduous extractions and also trauma of adult teeth into dentine – advice is to seek dental care in near future
- **'C' Letter** – no obvious dental decay or dental intervention – advice is to register with dentist if not registered and/or maintain regular dental visit as advised by their dental health professional

Table 6: Percentage Basic Inspection Letters of those inspected in 2022¹⁻⁴

NHS Boards	A	B	C	A+B
Ayrshire & Arran	10.2%	19.2%	70.6%	29.4%
Borders	4.5%	17.6%	77.9%	22.1%
Dumfries & Galloway	7.7%	18.1%	74.2%	25.8%
Fife	11.7%	17.5%	70.9%	29.2%
Forth Valley	6.3%	20.1%	73.6%	26.4%
Grampian	11.0%	14.2%	74.8%	25.2%
Greater Glasgow & Clyde	13.1%	17.9%	69.1%	31.0%
Highland	23.5%	34.8%	41.7%	58.3%
Lanarkshire	10.0%	16.0%	74.0%	26.0%
Lothian	7.5%	16.3%	76.2%	23.8%
Orkney	3.4%	10.7%	85.9%	14.0%
Shetland	0.9%	15.5%	83.6%	16.4%
Tayside	5.6%	19.9%	74.5%	25.5%
Western Isles	N/A	N/A	N/A	N/A
Scotland	9.7%	17.2%	73.1%	26.9%

Source: PHS NDIP Database

Table 7: National Dental Inspection Programme Trends

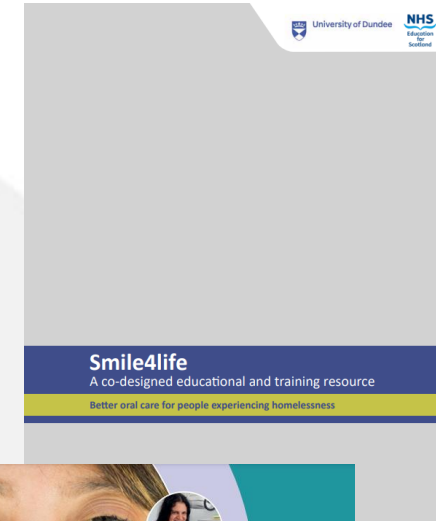
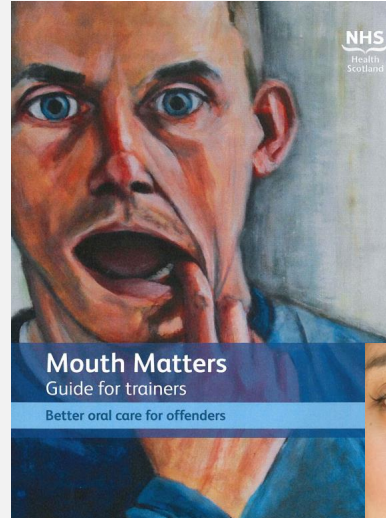
Year of Primary 1 NDIP report	Detailed Inspection - no obvious decay	Basic C Letter	Basic A Letter	Basic B Letter	Basic A+B
2018	71.1%*	70.4%	7.3%	22.3%	29.6%
2019		71.6%	6.8%	21.7%	28.4%
2020	73.5%*	72.4%	6.6%	20.9%	27.6%
2022		73.1%*	9.7%*	17.2%*	26.9%*

*: Data has been weighted

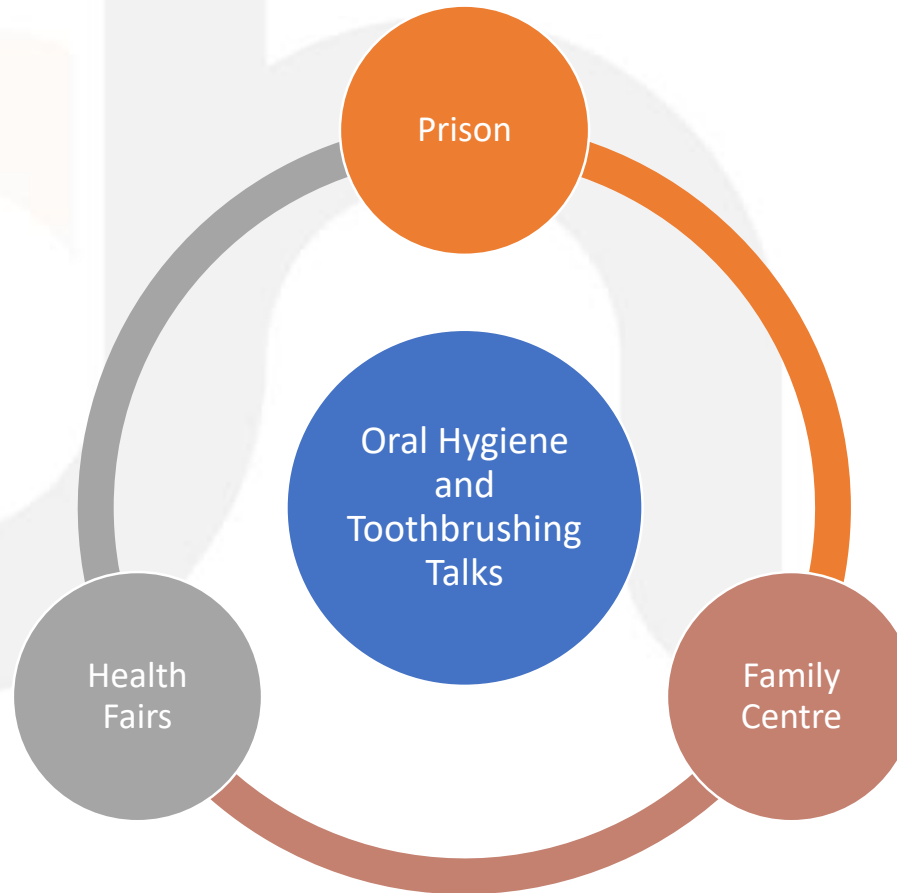
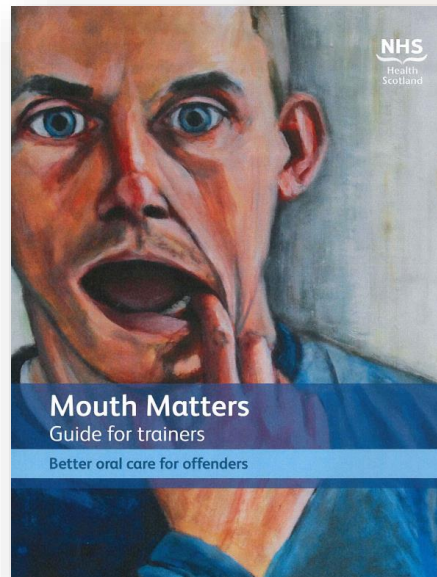
The percentage of 'C' letter outcomes from the Basic Inspection seems to have plateaued over the last few inspections. Whereas there was an increase in the more severe 'A' letter outcomes and a decrease in the more moderate 'B' letter outcomes in this year's inspection.

16-64 years

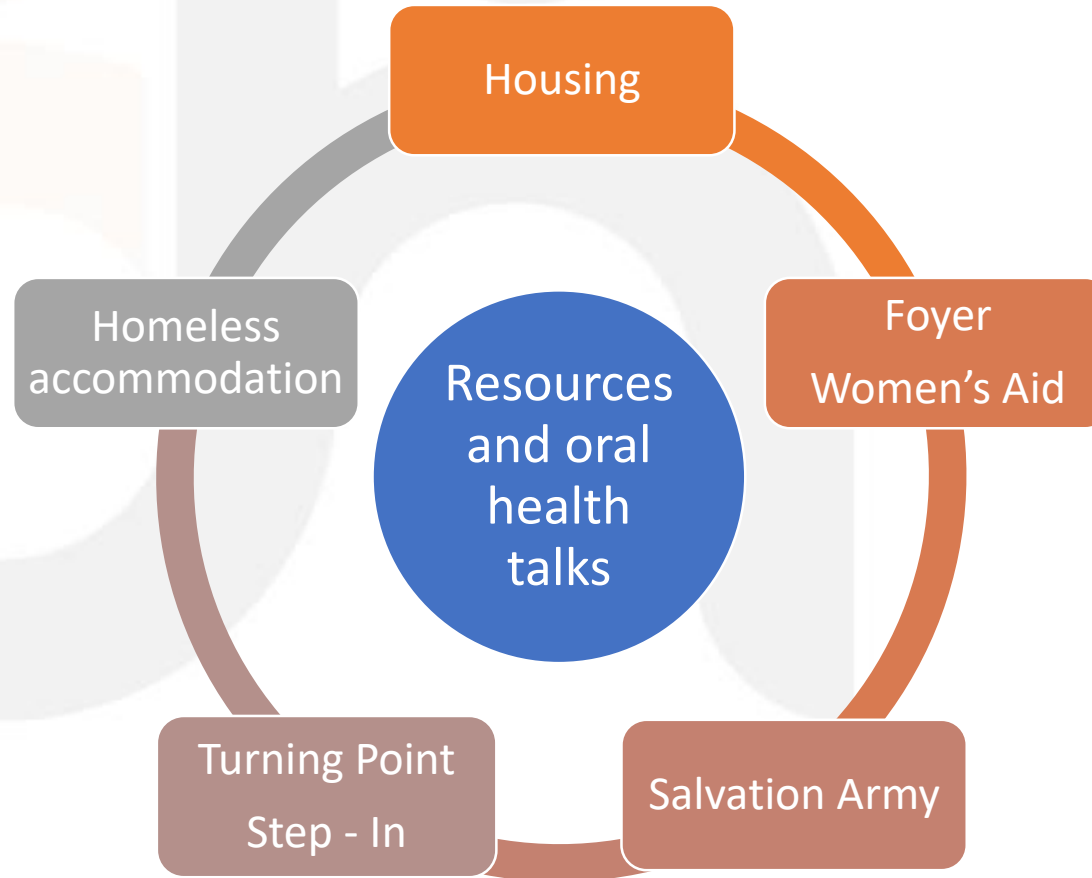
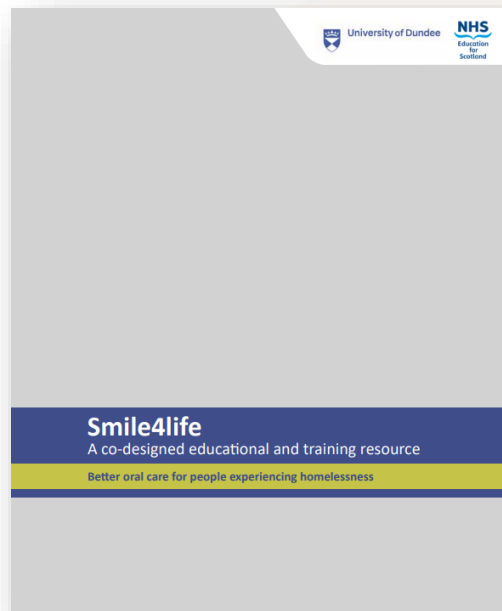
- **Mouth Matters** – Better Oral Care for Offenders
- **Smile4Life** – Better Oral Care for people experiencing homelessness
- **Open Wide** – Better Oral Care for Adults with Additional Care Needs



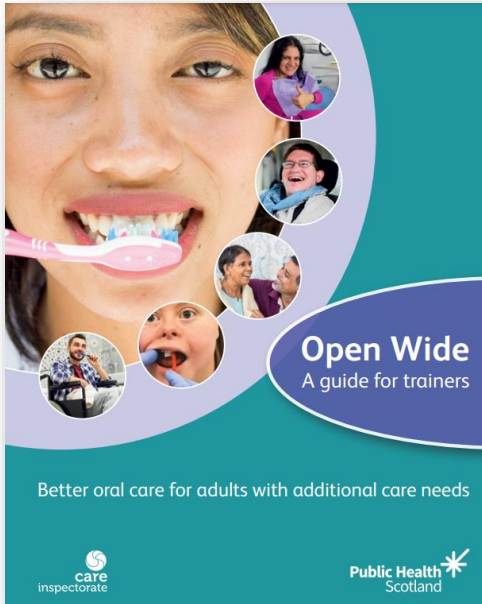
Mouth Matters



Smile4Life

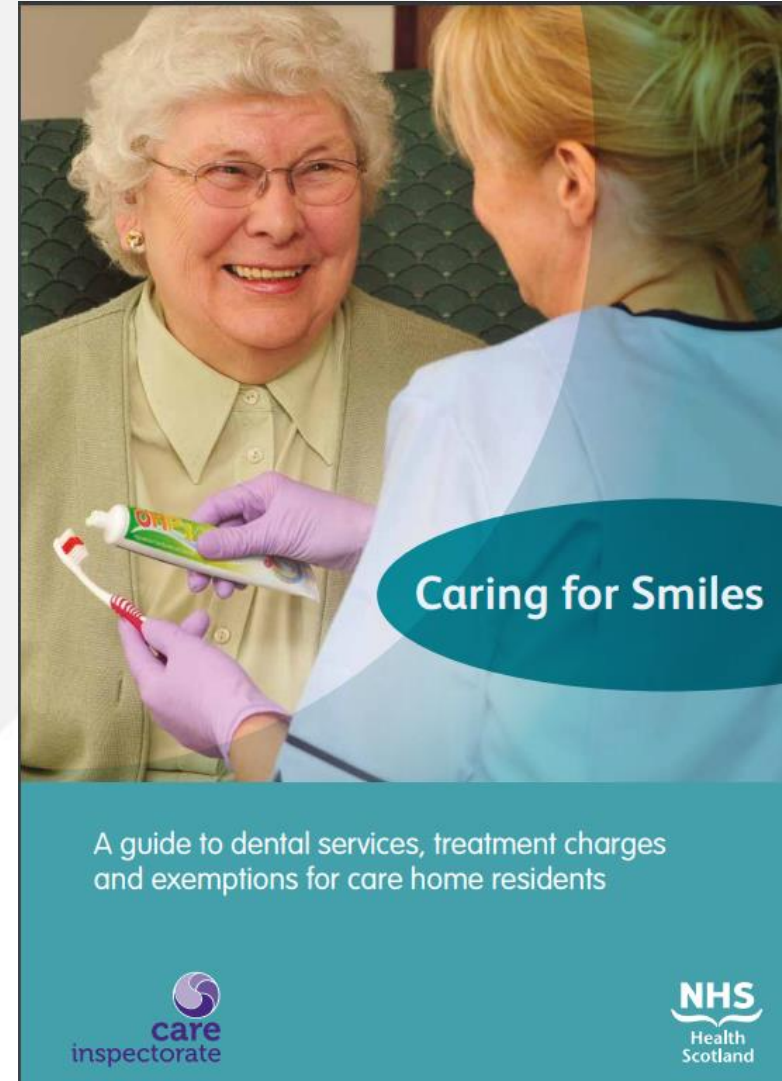


Open Wide



65+ years

Caring for Smiles – Oral Care for Care Home Residents

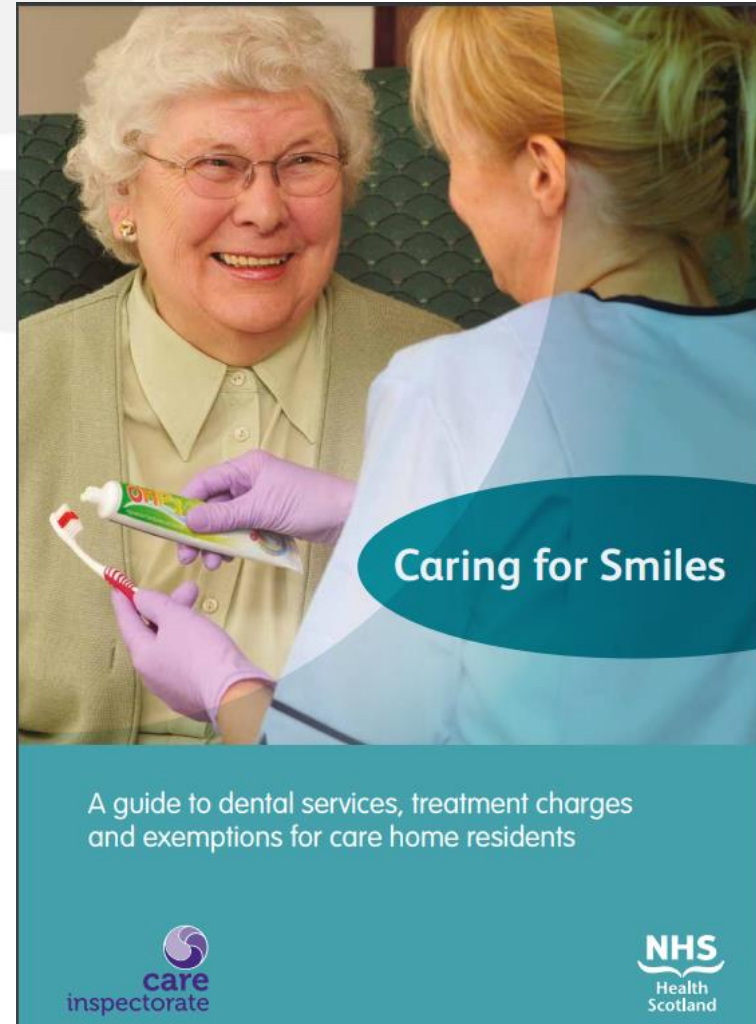


Care Homes
NHSG Community Hospitals
SALT Teams
District Nursing

VSH
Sheltered Housing

AHSCP Home Carers &
Private Home Care

Supported Living
Cornerstone
Inspire
Ann- Inspire



Palliative Oral Care Box in Care Homes

1-year pilot with 12 care homes (2022-2023)

Box content and training provided

Evaluated very positively

Currently being introduced in all care homes across NHS Grampian



Introducing the Palliative Oral Care Box in the Care Home Setting

Caring for Smiles

INTRODUCTION

At the height of the COVID-19 pandemic, all NHS Grampian oral health improvement staff were redeployed to assist with the pandemic and so Caring for Smiles and Public Oral Health work was paused. This meant that there was no support for Grampian care home staff around oral health. A key part of the Caring for Smile training involves palliative and end of life oral care, and as care homes in Grampian passed another winter and the continuing pandemic, a discreet pilot project was devised by Dental Public Health and the Oral Health Team Leads to support care home staff caring for palliative residents.

OBJECTIVE

- To support care homes and their staff to provide the best oral care to residents at the end of life.
- To provide care homes with a resource box fit for purpose with the correct and most useful resources and guidance for end of life oral care.
- To train care homes staff so they are confident and skilled to deliver the oral care needed.
- To empower staff to reassure residents, family and friends that their loved ones have been cared for in the best way for their oral health.

Why is oral care important in palliative care?

In palliative and end-of-life care, examination, assessment and re-examination of the mouth is one of the most important tasks. Certain medications and a reduced intake of liquid can cause dry mouth and lips which is uncomfortable and potentially painful. Early and regular oral care helps to keep the patient pain free and prevents more serious problems from developing.

DELIVERY

Twelve care homes across NHS Grampian took part in the pilot programme, with each home providing a named contact to act as a trainer for their colleagues. The NHSG oral health team leaders delivered an online training session on palliative oral care to the contacts from each HSCP, and the care homes were supported with ongoing advice and resources. Each care home was provided with one or more resource boxes, depending on the number of residents, containing all the necessary resources to provide good oral care to palliative residents, along with a detailed instructions folder.

The first stage of the programme ran from January 2022 until the end of April 2022. At the end of this period, it was decided to extend the pilot until the end of winter 2023, as some care homes had not had as much opportunity to use the boxes as predicted.

BOX CONTENT

MC3 Day x 25 - 1 box
MC3 Night x 25 - 1 box
Curaprox x 36 - 1 box
Oranuse 15ml x 25 - 1 box
Xtra Oral Gel x 20 - 1 box
Finger Brush x 24
Gauze - 1 box
Baby Toothbrushes x 36
10L Plastic Box
Instructions folder

Baby
Toothbrushes

MC3 Day and Night



Oral Gel



Oranurse



Finger Brush



Evaluation

Care home staff completed an online questionnaire before and after their training session, to gauge their confidence levels in providing oral health care to palliative residents. The post-training questionnaire also contained a question on how confident staff felt in using the palliative oral care boxes.

In June and July 2022, semi-structured evaluation interviews were carried out by the oral health team leaders with the care homes staff who had been trained, to assess what their experience of using the oral health box had been so far. The final round of interviews was carried out in February and March of 2023.

I absolutely love it and want it to be a permanent fixture. It's been a benefit to staff, residents and relatives.

It has been a privilege to be a part of the pilot, it has been very beneficial and given a lot of new knowledge to even very experienced staff.

CONCLUSION AND NEXT STEPS

The palliative oral care box poses very little barrier to use by all care homes. The evaluation interviews showed that having easy access to a variety of oral care products, and knowledge of how to use them, enables care home staff to consistently provide immediate treatment and relief to palliative care residents who experience oral health issues, using a person centred approach. This gives palliative residents dignity and comfort, whilst also reassuring the next of kin that their loved one is well looked after. One major advantage of the box is that it eliminates the need to contact the GP, pharmacy or district nurse to obtain the correct items once an oral health issue is detected. This is especially beneficial for residents who require treatment at night or at weekends. Thus, the palliative oral care box enables care home staff to provide the right treatment at the right time, using the right resources.

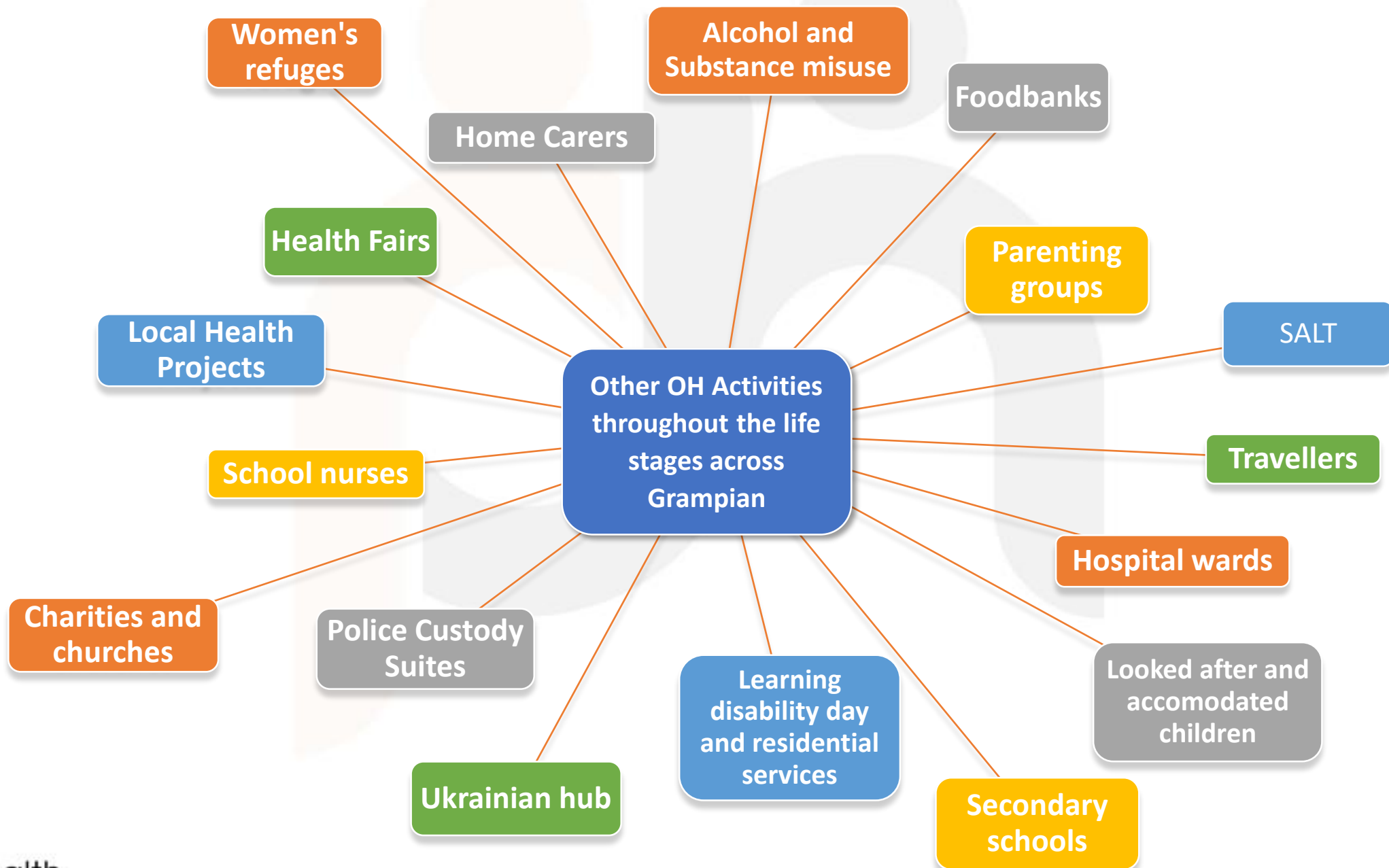
Due to the success of the pilot programme, it was decided by the NHS Grampian Dental Public Health team that the palliative oral care box will be rolled out to all care homes and care settings in NHS Grampian. This process is currently underway, as of April 2023, and a further round of evaluation will be carried out after one year.

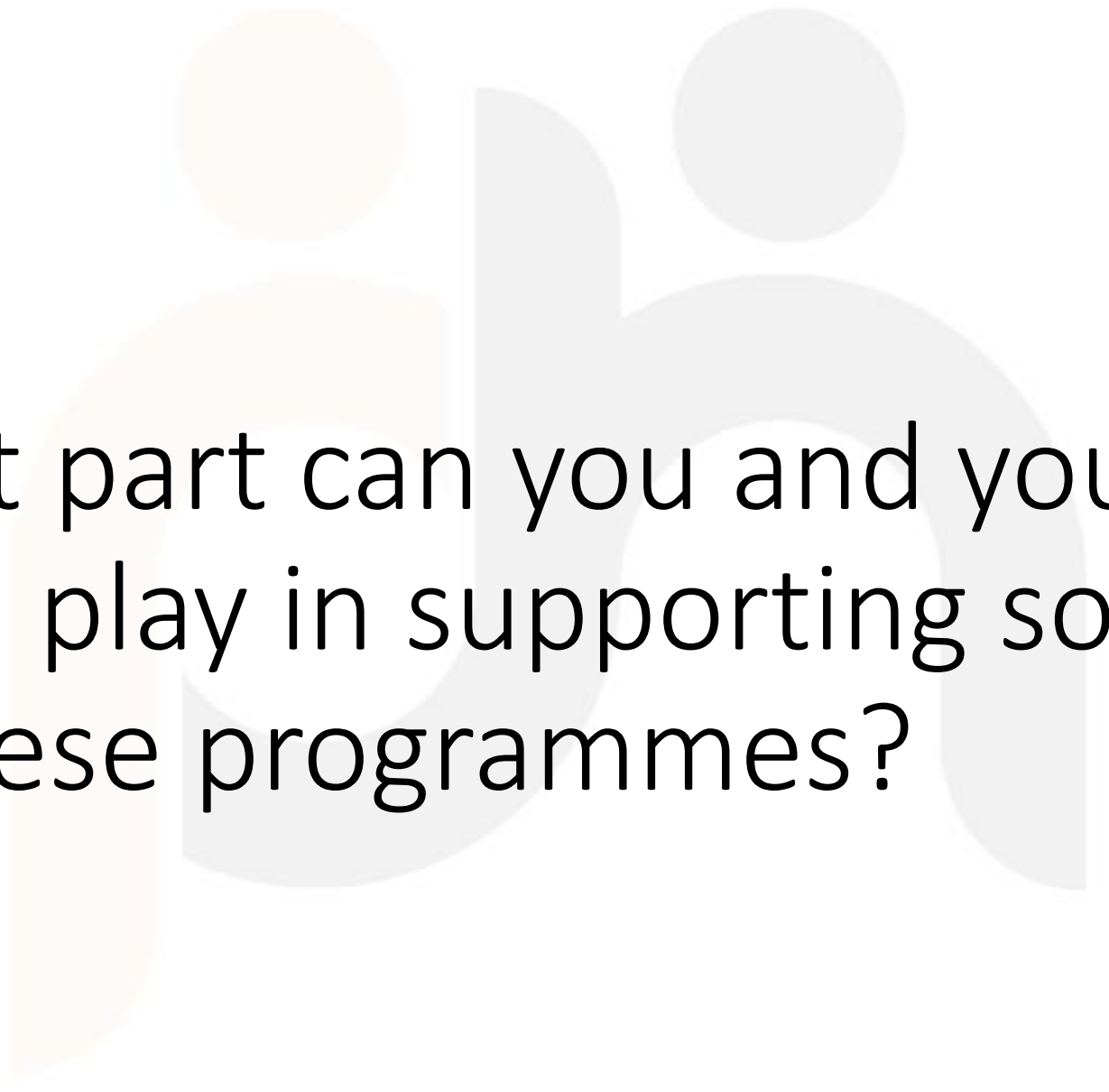
RELATED LITERATURE

Scotish Palliative Care Guidelines on mouth care: <https://www.palliativecarguidelines.scot.nhs.uk/guidelines/symptom-control/Mouth-Care.aspx>

AUTHOR

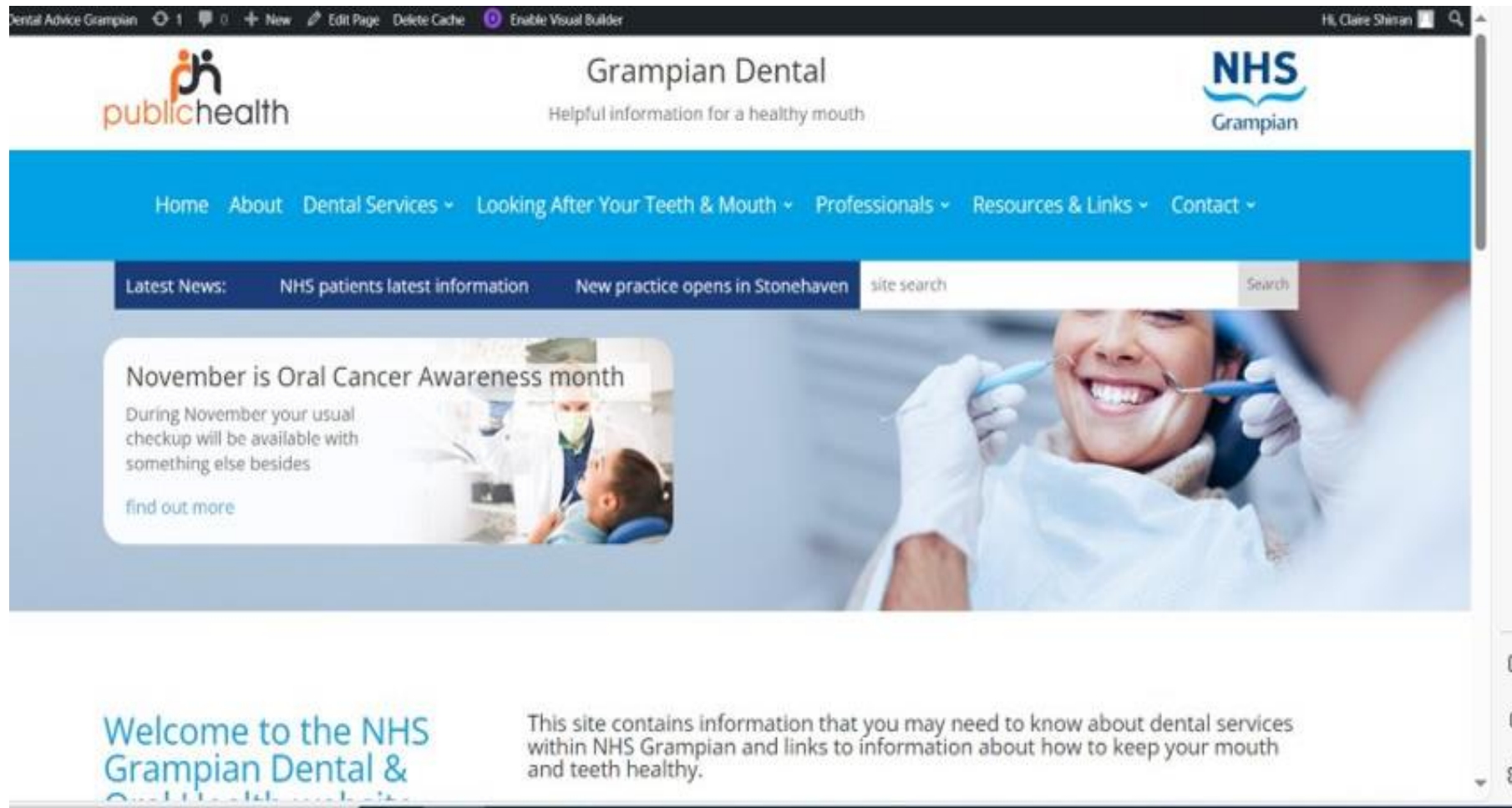
Helle Buch Larsen, NHS Grampian
Dental Public Health Practitioner





What part can you and your team play in supporting some of these programmes?

COMING SOON.....NEW WEBSITE.....GRAMPIAN DENTAL



Dental Services

Registering, contacting and what to do in an emergency



[find out more](#)

Looking After Your Teeth

How to keep them choppers nice and healthy



[find out more](#)

Professionals

Information and advice for dental professionals



[find out more](#)

Emergency Dental Treatment

What to do and where to find help in a dental emergency



[find out more](#)

Dental Practice Registration Availability

Sometimes it can be hard to find a dentist. We can help.




[find out more](#)

Child Smile

What to do when your wee one has a loose tooth... and more



[find out more](#)



Thank you for listening –
Any questions?