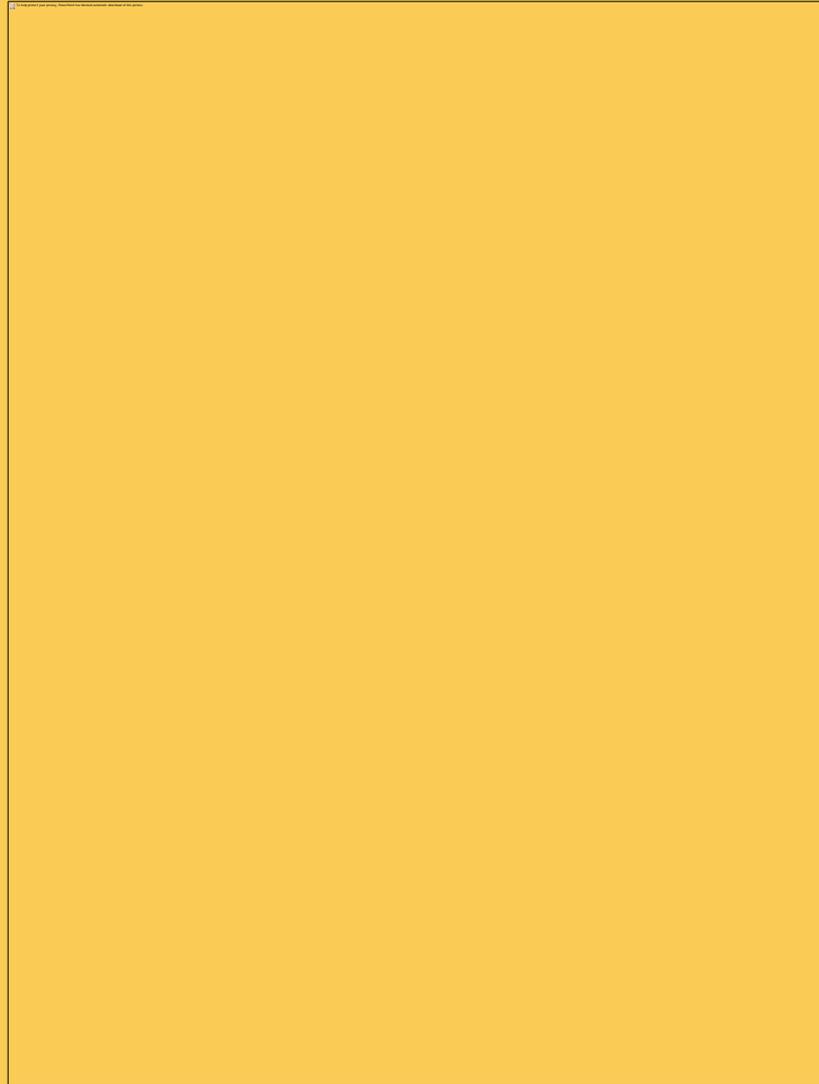


# DENTAL CARE IN A PEDIATRIC OFFICE

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# AMADOR COUNTY

- ◉ Lots of wine
- ◉ Lots of heavy metals including lead, arsenic and gold
- ◉ Lots of poor people
  
- ◉ No fluoride in the water
- ◉ No pediatric dentists
- ◉ No Denti-Cal providers
- ◉ Almost no one sees a dentist before age 2

# MAINTAINING AND IMPROVING THE ORAL HEALTH OF YOUNG CHILDREN

- ◉ Dental caries: commonest CHRONIC childhood disease
- ◉ 24% of 2-4 year olds
- ◉ 53% of 6-8 year olds
- ◉ 56% of 15 year olds
- ◉ Comparing 1988-1994 and 1999-2004 in toddlers, caries increased from 19 to 24%



# RISK OF CARIES

- ◉ Water supply deficient in fluoride
- ◉ Low socioeconomic status
- ◉ Minority status
- ◉ Frequent sugar exposure
- ◉ Inappropriate bottle feeding
- ◉ Developmental defects in enamel
- ◉ Dry mouth
- ◉ Family history of dental caries
- ◉ Lack of access to dental care
- ◉ Failure to use fluoridated toothpaste

# U.S. PUBLIC HEALTH SERVICE NEW RECOMMENDATIONS

As of July 2015

- ⦿ US Public Health Service now recommends an optimal fluoride concentration of 0.7 milligrams/liter

# CALIFORNIA DEPARTMENT OF PUBLIC HEALTH DRINKING WATER PROGRAM 2013 ANNUAL FLUORIDATION PROGRAM

Sacramento County range 0.56 to 0.90 including Arden  
Park Vista

Placer County range 0.73-0.75

Solano County range 0.83- 0.97

Yolo County 0.85

Amador, Calaveras, San Joaquin and El Dorado  
counties have no fluoride



## U. S. PREVENTIVE SERVICES TASK FORCE RECOMMENDATIONS

- Prescribe oral fluoride supplementation at age 6 months for children whose water supply is deficient in fluoride
- Apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption

Grade B

Grade B

Go to <http://www.uspreventiveservicetaskforce.org/>

# ANTICIPATORY GUIDANCE WITH WELL EXAMS: DIETARY COUNSELING

- ◉ Exclusively breastfeed for first 6 months
- ◉ Discourage bottle in bed
- ◉ Wean from bottle by 1 year
- ◉ Limit sugary foods and drinks to mealtimes
- ◉ Avoid sweetened beverages
- ◉ Limit fruit juice
- ◉ Encourage water only between meals
- ◉ Foster healthy diets

# ANTICIPATORY GUIDANCE

## ORAL HYGIENE

- ◉ Model good oral hygiene
- ◉ Avoid sharing items from others' mouths
- ◉ Brush teeth b.i.d. with fluoridated toothpaste
  - ◉ <3: smear or grain of rice
  - ◉ 3 and over: pea-sized amount
- ◉ Supervise child brushing until mastery is obtained ( approx 8 years)
- ◉ Dental home by one year of age

# FLUORIDE VARNISH

- ◉ Concentrated topical fluoride (5%NaFI)
- ◉ Apply to the teeth at 6 months and up
- ◉ Use small brush
- ◉ Dry teeth first with 2-inch gauze square
- ◉ Paint all surfaces of erupted teeth
- ◉ Sets on contact with saliva
- ◉ Well tolerated
- ◉ Has prolonged therapeutic effect
- ◉ Applied every 3 to 6 months until establishment of a dental home



# OUR OFFICE PRACTICE

- ◉ Anticipatory guidance and assessment with each well exam
- ◉ Fluoride varnish begins with first tooth on or after 6 month visit
- ◉ Varnish with well exams every 3 months until establishment of dental home
- ◉ CDT code for Medi-Cal D1206
- ◉ Cross-over in EPIC to CPT 99188 for all private insurance
- ◉ Charge is \$30 (pays \$20-27)
- ◉ Done with capillary lead and hemoglobin by CAs
- ◉ DOES NOT SLOW US DOWN!

## INSTRUCTIONS FOR CARE AFTER FLUORIDE APPLICATION

- The child may drink water immediately
- Eat a soft, non-abrasive diet for the rest of the day
- Do not brush or floss until the next morning
- Avoid hot foods for 4-6 hours
- Do not give additional fluoride for two days
- Teeth may appear discolored. This will disappear with brushing

## FLUORIDE VARNISH DOCUMENTATION

Smartphrase “.varnish”

Caries or defects	Y/N
High caries risk	Y/N
Dental visit in the last 6 months	Y/N
Fluoride varnish applied	Y/N
Systemic Fluoride assessed	Y/N
Oral health instruction	Y/N
Dental provider	

# EFFECTS OF PHYSICIAN-BASED PREVENTIVE ORAL HEALTH SERVICES ON DENTAL CARIES

- "Pediatrics" July 2015
- Retrospective study of 29,173 kindergarten students
- Looked for Decayed, Missing, and Filled primary Teeth as well as untreated decay
- Average adjusted DMFT score per child was reduced by 17.7%
- Efforts to promote oral health in medical settings should continue
- NC Medicaid recommends varnish with each well exam at 6, 9, 12, 15, 18, 24, and 36 months

# OVER THE COUNTER RINSES

- 1 tsp contains 1 mg of fluoride
- Not recommended under age 6
- Limited ability to rinse and spit
- Risk of swallowing higher than recommended levels of fluoride
- No additional benefit beyond daily use of fluoridated toothpaste for children at low risk of caries

# STFM SMILES FOR LIFE FLUORIDE VARNISH VIDEO

- ◉ <https://www.youtube.com/watch?v=cV50mL7C8K4&sns=em>