

ARCORA

The Foundation of Delta Dental of Washington



COMMUNITY HEALTH WORKER (CHW) ORAL HEALTH TRAINING

ENGLISH

COMMUNITY HEALTH WORKER (CHW) TRAINING MANUAL

This training is designed for Community Health Workers and others who may have an opportunity to improve oral health and understanding. The emphasis is on prevention of dental disease.



CHW'S ARE IMPORTANT

- When a client has a new diagnosis of diabetes.
- When a client is discharged from a hospital or nursing center.
- When a client is on a new medicine.
- When a client changes housing.
- All the time!





HEALTHY MOUTH, HEALTHY LIFE

Oral health is essential to overall health

Good oral health improves a person's ability to speak, smile, taste, touch, chew, swallow, and make facial expressions to show feelings and emotions.

ACTIVITY: POLLING

BEFORE TODAY, HAVE YOU RECEIVED
ORAL HEALTH EDUCATION AND ITS
IMPACT ON DIABETES?





DID YOU KNOW?

- Good outreach and prevention can keep your smile and body healthy!
- Children of color have more untreated cavities than white children.
- Diabetes is common in adults and people with diabetes have special oral health needs.
- Most diverse, senior adults are unfamiliar with mouth health and dental practices and they have special needs as they age.
- Low-income families have more barriers to oral health care than other families in WA and in the U.S.



WHAT WE WILL LEARN TODAY

At the end of this training session, you should be able to teach these **5 key messages**:

- Show the relationship between oral health and diabetes.
- Demonstrate 4 ways dental disease can be prevented through daily care.
- Choose the best drink for healthy teeth
- Demonstrate a self-management plan for oral health.
- Find resources for oral health in my area.

FAMILY AND PERSONAL HABITS





WHAT EFFECTS ORAL HEALTH THE MOST?

- Brushing and flossing
- Good dental care
- Community and social factors
- Family beliefs and family history



DIABETES AND DENTAL CARE

- Gum Disease
- Dry Mouth
- Poor Healing
- Infection
- Loose Teeth

GUM DISEASE



Increased sugar makes bacteria grow, which leads to gingivitis.

Gingivitis can affect the parts of the bone and make the gums recede.

Infection can lead to more challenges in controlling the diabetes.

They affect each other.

DRY MOUTH



Diabetes can make you feel dehydrated.

Medicines can dry your mouth.

Sometimes the workplace dries your mouth: pesticides dry up saliva.

Saliva or spit stops sugars from building up. Spit is good!

If you have diabetes, drink plenty of water and chew sugarless gum with Xylitol to increase saliva.

INFECTION



Oral candida (thrush or yeast), likes a sugary mouth

People with diabetes should especially brush their tongues as well as teeth after drinking anything acidic or sugary (soda, fruit juice, sweet tea, sweet coffee, Gatorade, beer, wine, liquor). Swish and spit too!



NORMAL HEALTHY MOUTH



NORMAL HEALTHY TONGUE

ADULT GUM ISSUES

GINGIVITIS

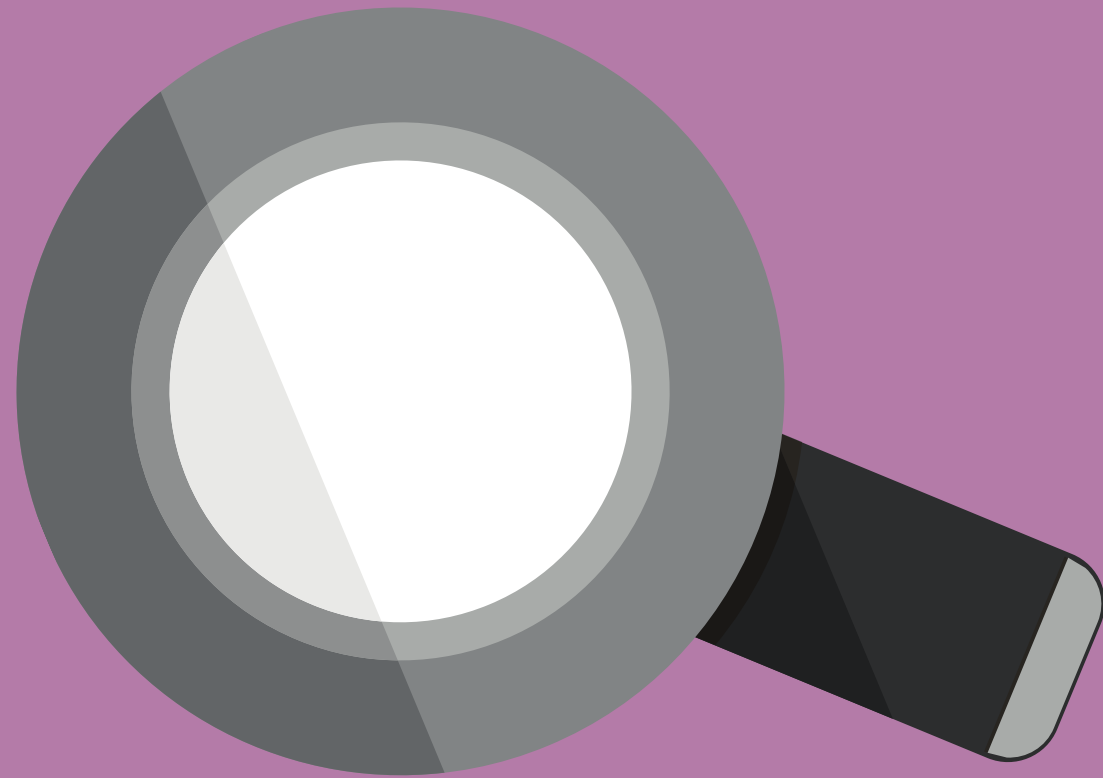


PERIODONTAL DISEASE



ACTIVITY: CHECK YOUR MOUTH

LOOK AT YOUR MOUTH, TEETH AND
GUMS. WHAT DO YOU SEE?



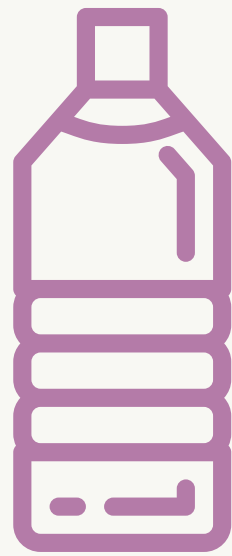
WHAT IS THE BEST DRINK FOR STRONG HEALTHY TEETH?



SODA



MILK



WATER



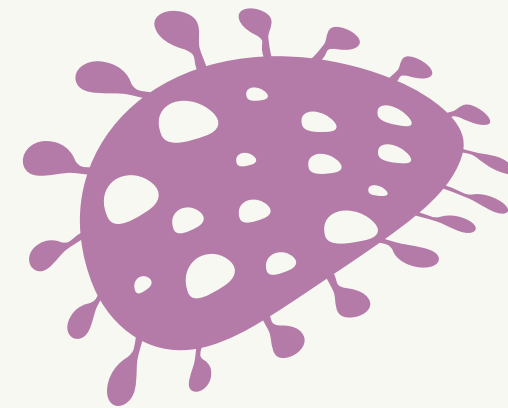
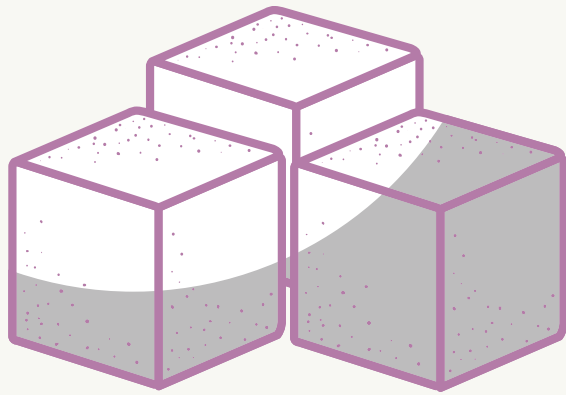
SUGAR FREE DRINKS



NATURAL JUICE

TOOTH DECAY PROCESS

- **REFINED CARBOHYDRATES + GERMS = ACID ATTACK**



- **ACID ATTACK + TOOTH = DECAY**



UNTREATED DECAY LEADS TO INFECTION, ABSCESS AND LOSS OF TOOTH

THE POWER OF BRUSHING AND FLOSSING



Teeth needs to be brushed
back and forth



Teeth needs to be brushed
with a circular motion.

FLOSSING





FLOSSING INSTRUCTIONS

- String the floss so that it makes a bridge between your hands. Wrap tightly around middle fingers so the floss is strongly held.
- Hold the floss between your thumbs and fingers.
- Gently glide the floss between two teeth. Then wrap the floss toward one tooth, hugging it as the floss slides up, back, forward and down.
- Do this on all teeth, even the back ones.
- Never force the floss to go if it is too tight between your teeth
- Always use a clean piece of floss.



SWISHING INSTRUCTIONS

- Rinsing your mouth with water after eating is a good way to decrease the germs that cause cavities.
- Swish after brushing too.
- You can always swallow the water or spit it in a sink.



FOR PEOPLE WITH DENTURES

- Broken teeth or broken dentures are dangerous.
- Poorly fitting dentures can cause problems with bone and gums.
- Pain leads to poor eating and drinking, making diabetes worse.



SEEING THE DENTIST



THEY WANT YOU TO KEEP YOUR TEETH!



THEY WANT TO SEE YOU WHEN YOU DON'T HAVE PROBLEMS.



THEY WOULD LIKE YOU TO SET A REGULAR SCHEDULE WITH YOUR DENTIST FOR CHECK-UPS.

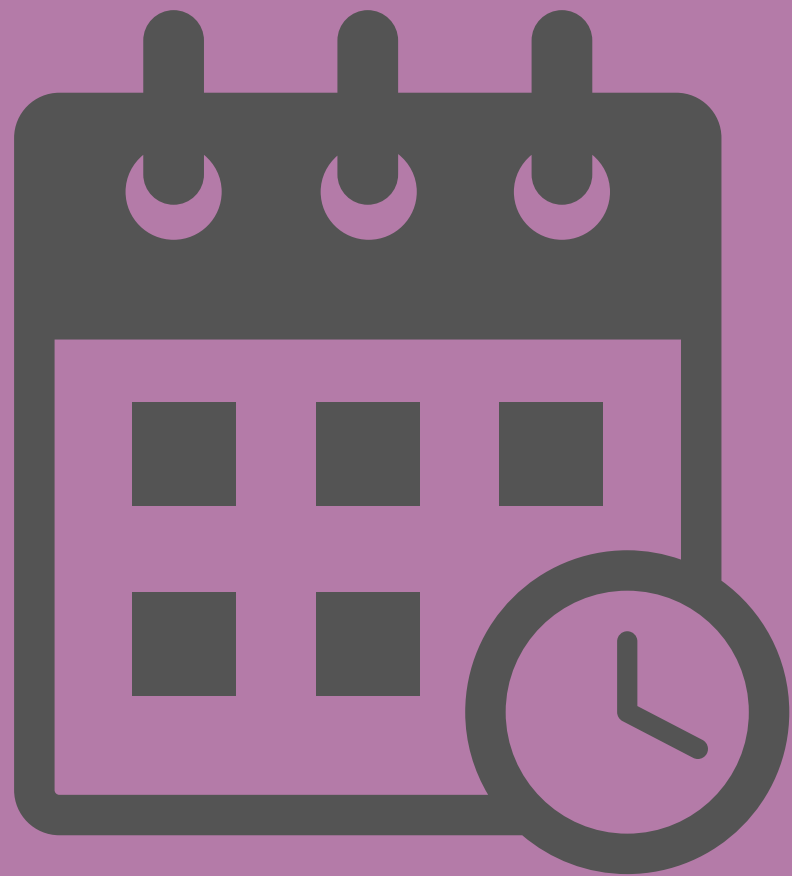


THEY HELP TO REDUCE PROBLEMS WITH DIABETES, HEART DISEASE AND CANCER.



ACTIVITY: DENTAL CHECK-UP

HOW OFTEN DO YOU SEE THE DENTIST?
WHEN WAS THE LAST TIME?

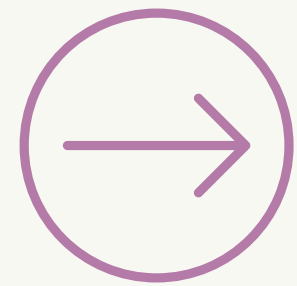


WHAT TO EXPECT AT THE DENTIST

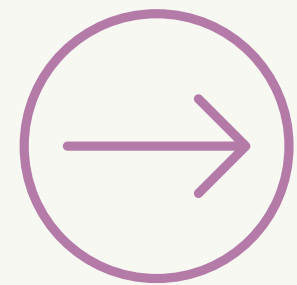


- YOU PROBABLY NEED AN APPOINTMENT. CHECK AND SEE.
 - YOU MAY HAVE YOUR BLOOD PRESSURE CHECKED AND WILL ANSWER QUESTIONS ABOUT YOUR HEALTH. BRING ANY PRESCRIPTION MEDICINES YOU TAKE FOR THEM TO SEE. THEY WILL WANT TO KNOW HOW YOUR DIABETES IS TREATED.
 - YOU WILL BE GIVEN MEDICINE SO YOU WON'T FEEL PAIN WITH ANY PROCEDURES THAT MAY BE NEEDED.
-
- THE DENTIST AND OTHER STAFF WILL MAKE YOU COMFORTABLE AND HAVE MEDICINES TO HELP YOU FEEL RELAXED IF YOU ARE VERY NERVOUS.
 - YOUR TEETH WILL GET CLEANED AND X-RAYS MAY BE TAKEN.
 - YOU MUST BE ON TIME OR THE DENTIST MAY NOT SEE YOU. CALL AHEAD OF TIME IF YOU NEED TO RESCHEDULE AN APPOINTMENT.

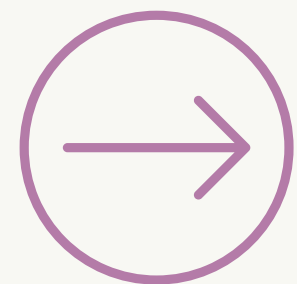
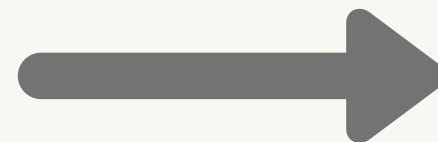
CONFIDENCE AND IMPORTANT SCALES



What do you want to change to improve oral health?



How important is it to you and your family about improving oral health?



How confident are you that you can improve your oral health?





MOTIVATING PEOPLE TO CHANGE

- Confidence: Ask the person what they want to change to improve oral health. Then, ask how confident they are to do a new habit, like brush teeth twice a day or keep a dental appointment.
- Importance: Ask the person how important they think the new habit is for them and to be honest about that.
- If someone has low confidence, and low importance, they are probably not ready.
- If they have high confidence and importance, they will do great!
- The people in the middle need your help!

ACTIVITY: HOW CONFIDENT ARE YOU TO IMPROVE YOUR CLIENTS ORAL HEALTH?

MOST CLIENTS?

SOME CLIENTS?

FEW CLIENTS?

NOT SURE.



ARCORA

The Foundation of Delta Dental of Washington

400 Fairview Ave N, Suite 800

Seattle, WA 98109

Email: info@arcorafoundation.org



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www.kayastrategik.com