

Health Improvement

Oral Health Team Flash Report 2022/2023



The Oral Health Team is a small dedicated team working towards ensuring children across Lanarkshire, have the best chance to grow up with good oral health. We aim to achieve this by promoting good oral health from birth, right through adulthood. Encouraging adults to be positive role models for children in relation to good oral health and supporting our ageing population to continue to access oral health care whether at home or in the community. We want to make sure that everyone, no matter where they live, can have the best oral health they possibly can.

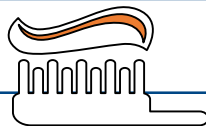
Oral Health Champions

Oral Health Improvement Champions work in partnership with the Oral Health Team, H&SCPs and 3rd sector organisations to share good practise and foster joint work, particularly in areas of deprivation. They facilitate and monitor oral health programmes and promote national campaigns such as Mouth Cancer Action Month and National Smile Month. Thus contributing to the overall delivery of The Lanarkshire Oral Health Improvement Action Plan.

This year the Oral Health Team would like to say a huge thank you to all our Oral Health Champions for all their work throughout the last year.

Toothbrush Distribution Programme

Throughout 2022/23, the free distribution of toothbrush packs continued to a range of organisations across Lanarkshire, including 3rd sector partners already working with vulnerable families, those experiencing homelessness, and/or families accessing foodbanks. The number of requests for toothbrush packs has risen significantly since the start of the cost of living crisis. Through the distributing of packs to targeted groups, the programme aims to reduce financial burden, raise awareness of the importance of good oral health and promote dental services to the targeted groups and those best placed to support them. To date we have distributed over 2500 packs.



2500+
Toothbrush
packs

HMP Shotts Happy Smiles Event

The Happy Smiles event took place during the HMP Shotts children's visit session in August 2022, and was attended by 14 prisoners, 14 adult visitors and 22 child visitors. The event promoted good oral health and nutrition, with stalls from the NHSL Oral Health Improvement team, Nutrition Scotland and Getting Better Together Shotts. The event evaluated positively, with requests for future events from those who attended.



HMP Shotts Health Promotion Event

A prison-wide health promotion event occurred in October 2022, with the NHSL Oral Health Improvement team in attendance to deliver key oral health messages and increase mouth cancer awareness for both staff and the prison population. Over 100 prisoners attended and the event evaluated well, with 95% saying that they enjoyed the event.

Oral Health Awareness Training

Throughout the year the Oral Health Team have worked in partnership with a variety of organisations, such as The Beacons, Lindsay House, Healthy Valleys and many more, to deliver, needs led Oral Health Awareness training. This included the delivery of OH training to all school nurses in Lanarkshire, with the following tailored key aims:

- To increase knowledge and understanding of OH key messages, dental services and the Childsmile Programme.
- Understand the impact of poor oral Health.
- Implement knowledge gained to help reduce health inequalities.



Mouth Cancer Action Month 2022

The Health Improvement Team carried out a month long social media campaign during Mouth Cancer Action Month in November 2022. The campaign promoted the importance of regular mouth self-examination, raising awareness of the signs & symptoms of mouth cancer and the contributing lifestyle factors which increase an individual's risk of developing mouth cancer. There were a variety of links to key partners in the prevention of mouth cancer such as Quit Your Way, NHS Lanarkshire Sexual Health Services and Drinkaware.



As part of the Oral Health Teams commitment to work with colleagues across the Health Improvement Department, we teamed up with the Quit You Way Service to include mouth cancer information leaflets within their nicotine replacement deliveries, for the month of November. In addition we attended staff health and wellbeing events within Hospital sites, to increase mouth cancer awareness amongst the workforce.



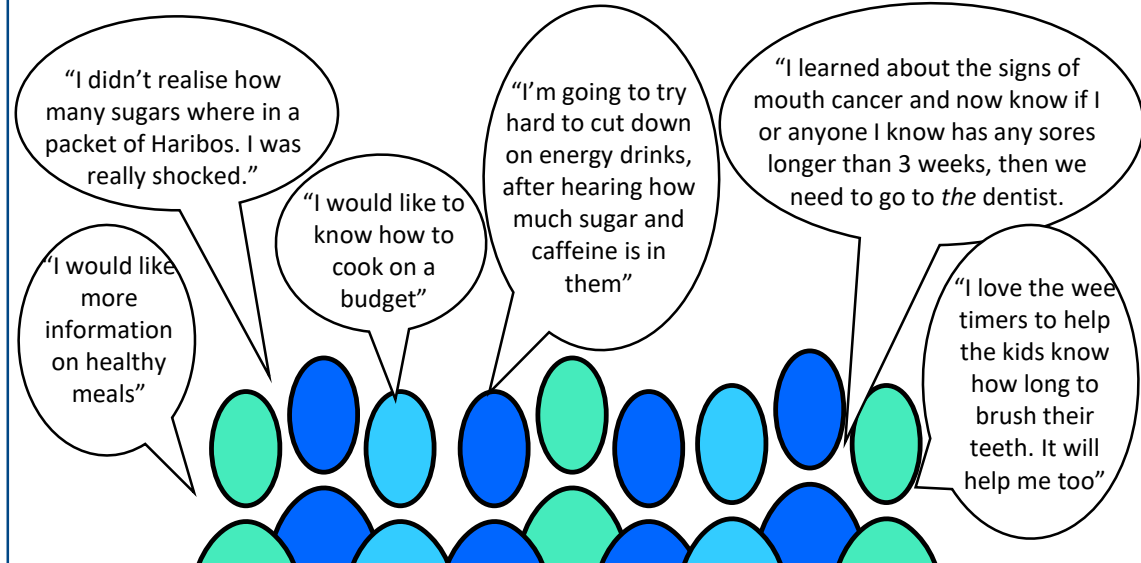
National Smile Month 2022

The National Smile Month 2022 Roadshow took place across Lanarkshire. The events were held at Mossend Mosque Toddler group, Agape East Kilbride, North Lanarkshire Recovery Community in Forgewood and Getting Better Together Shotts.



Event Outcomes

- Increased oral health knowledge to enable vulnerable families to achieve good oral health.
- Oral Health Improvement Team established strong links with organisations supporting the targeted groups and continued prevention work is developed in partnership with said organisations
- Delivered key oral health and wellbeing messages using social media as a platform.



The Year Ahead: The OH Team are looking forward to a busy year ahead. Through early intervention and preventive work we aim to improve OH for families across Lanarkshire by:

- Developing a homeless programme in partnership the Tobacco Control and Alcohol & Other Substances teams within the Health Improvement Department. Provide training in OH awareness for community based HSCP staff and partner organisations.
- Develop a Bedtime routine resource in partnership with local parent/carers group, HSCP staff and NHS Lanarkshire nutrition and maternal health team.
- Plan & deliver 4 community events to promote National Smile Month.

Please contact me if you would like any further information on: Jillian.mcgovern@lanarkshire.scot.nhs.uk