

# Keep Lanarkshire Smiling

September 2014

## SIGN 138



The Scottish Intercollegiate Guidelines Network (SIGN) has published a new guideline on *Dental interventions to prevent caries in children*. SIGN 138 provides recommendations based on current evidence for best practice in dental interventions to prevent caries in children and young people aged 0-18 years carried out by dental care teams within dental practices in Scotland. It focuses on advice or interventions that are applied at an individual rather than a population level.

This guideline replaces SIGN 47 and SIGN 83. It makes a number of recommendations linked to poor diet and oral hygiene including that the level of fluoride in toothpaste should differ depending on age. It also highlights the benefits of dental brief interventions in practices.

NHS Lanarkshire is required to have an implementation plan and this is under development.

The guidance can be downloaded from:  
[www.sign.ac.uk/guidelines/fulltext/138](http://www.sign.ac.uk/guidelines/fulltext/138)

## Delivering Better Oral Health

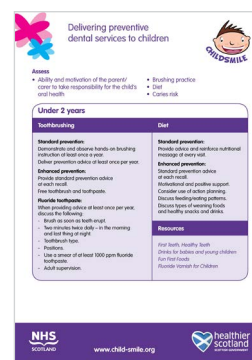
Public Health England has recently published the third edition of the *Delivering Better Oral Health* guidance, which provides dental health professionals with evidence-based interventions and advice that can improve and maintain patients' oral health.

The guidance highlights the positive impact a healthy lifestyle has on oral health; in particular the role played by good toothbrushing habits and a healthy diet, along with stopping tobacco use and reducing alcohol consumption. It includes advice for parents and carers regarding their children's diets, toothbrushing habits and on the use of fluoride. It also gives advice on how to prevent gum disease and tooth erosion, eating a healthy balanced diet, stopping tobacco use and drinking within the lower risk alcohol guidelines.

The guidance can be downloaded from:  
[www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention](http://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention)



## Childsmile Prompt Cards



Two chair side prompt cards for general dental practitioners delivering preventive dental services to children have recently been uploaded to the following website:

[www.child-smile.org.uk/documents/23620.aspx](http://www.child-smile.org.uk/documents/23620.aspx)

# Guidance on Periodontal Diseases

The Scottish Dental Clinical Effectiveness Programme recently launched new guidance entitled *Prevention and Treatment of Periodontal Diseases in Primary Care*. The guidance aims to support dental teams in improving and maintaining the periodontal health of their patients. It provides clear and consistent practical evidence-based advice for the delivery of preventive care. This includes strategies to improve the oral hygiene of patients and for the treatment of periodontal diseases.

The guidance can be downloaded from

[www.sdcep.org.uk/?o=3245](http://www.sdcep.org.uk/?o=3245)



This website also provides supporting tools, including:

- Oral hygiene TIPPS video
- Oral hygiene TIPPS visual aid
- Patient leaflet
- Leaflet for patients with diabetes



## Health Board Boundary Changes

Following the alignment of Council and Health Board boundaries, primary care administrative support for the 17 general dental practices within Cambuslang, Rutherglen and the Northern Corridor passed from NHS Greater Glasgow and Clyde to NHS Lanarkshire from 1 April 2014.

The Hospital Dental Service, Public Dental Service and the Out of Hours Emergency Dental Service did not transfer and there was no change to existing referral pathways and hospital flows.

The precise details of what services will be transferring over remains under discussion. Once the final decision has been taken information will be shared with all interested parties.

## New Number for NHS 24 Helpline

A new freephone number has been introduced for NHS 24.

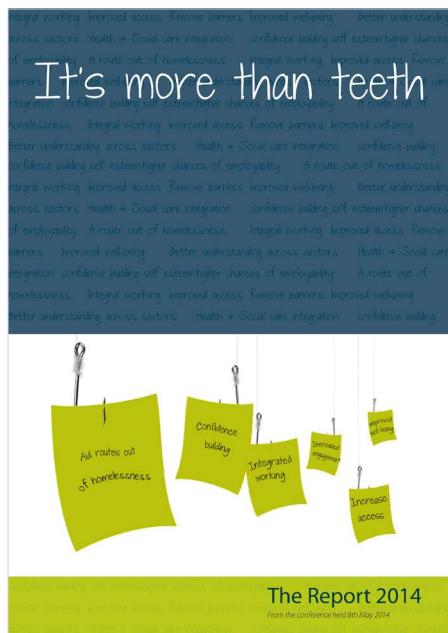
Patients who require advice on dental problems out-of-hours should contact NHS 24 on 111 rather than using the old number. Messages on practice answering machines should ensure that patients are advised to use the new number.

The NHS 24 service will remain exactly the same, with nurses and other healthcare professionals available to give advice.



# It's More Than Teeth

A groundbreaking conference has explored how researchers and organisations in the community can work closer together to make a real impact on dental health.



The 'It's More Than Teeth' conference, which was organised by the University of Dundee Dental Health Services Research Unit and Homeless Action Scotland, discussed ways that researchers and organisations can work in partnership to make an impact on the oral health and general wellbeing of those affected by homelessness.

Homeless Action Scotland Chief Executive Robert Aldridge said: 'Good oral health amongst homeless people is about far more than teeth. It affects self confidence, the ability to get a job and in some cases the ability to move out of homelessness. It's not the first thing anyone thinks about to help someone out of homelessness but it can make a huge difference to people's lives.'

As a result of the research and conference, an initiative is being piloted which identifies and trains 'Oral Health Champions' to work in the community assisting homeless people access dental services.

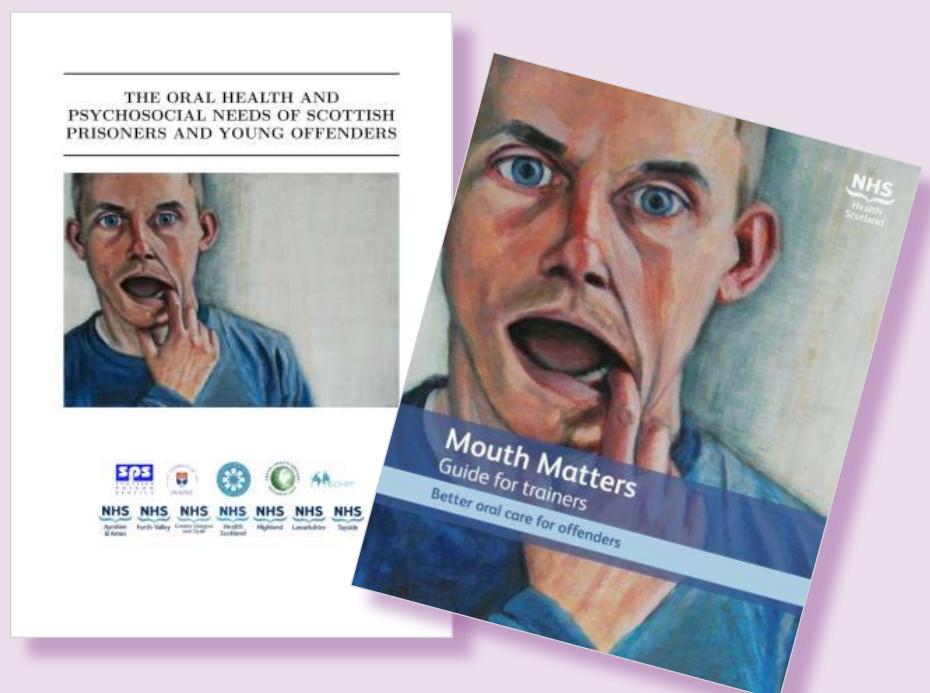
The conference report and presentations are available from: [www.homelessactionsotland.org.uk/?page=publications](http://www.homelessactionsotland.org.uk/?page=publications)

# Better Oral Care for Offenders

A new report has been published by the Dental Health Service Research Unit (DHSRU). The report serves as an evidence-based guide for developing and implementing oral health improvement programmes in Scottish prisons.

The *Oral Health and Psychosocial Needs of Scottish Prisoners and Young Offenders* report is based on a research project which aimed to assess the state of offenders' oral health and their health concerns. The research included interviews with both male and female offenders in four Scottish prisons. The report can be downloaded from [www.scottishdental.org/?o=7983](http://www.scottishdental.org/?o=7983)

The DHSRU has also developed 'Mouth Matters', an evidence-informed oral health promotion resource. It has been compiled under expert guidance and is designed to enable health professionals, prison staff and support workers to meet the specific oral health needs of offender populations in Scotland. The resource aims to raise awareness of the key oral health risk factors.



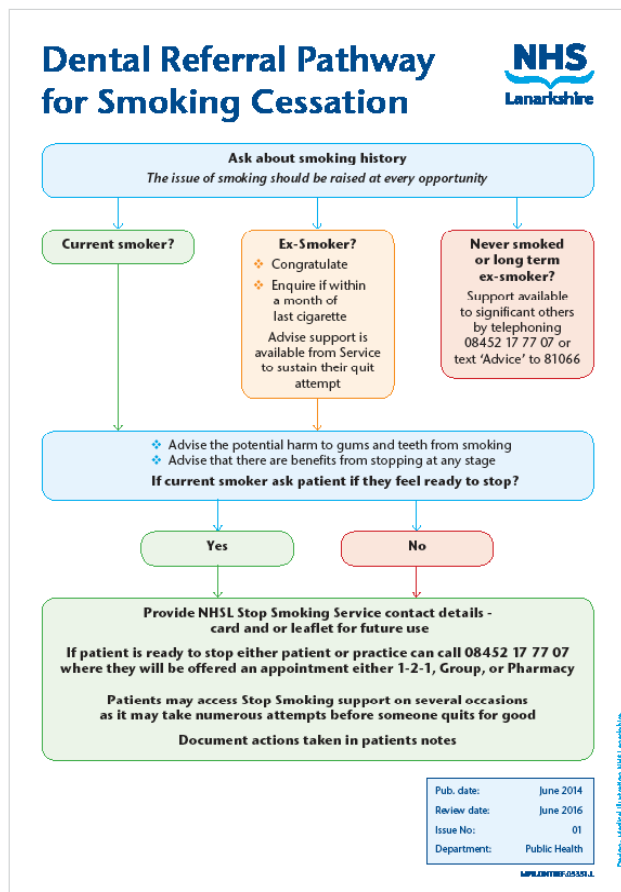


# Smokefree and Smiling

Public Health England has published new guidance for dental health professionals on how to help patients to quit tobacco. The ASK, ADVISE, ACT approach is being used to signpost them to stop smoking services. The new guidance can be downloaded from [www.gov.uk/government/publications/smokefree-and-smiling](http://www.gov.uk/government/publications/smokefree-and-smiling)

NHS Lanarkshire has developed a local dental referral pathway based on the ASK, ADVISE, ACT approach to NHS Lanarkshire Stop Smoking Service. The local pathway is available from:

[www.nhslanarkshire.org.uk/Services/StopSmoking/Documents/Dental-Referral-Pathway-for-Smoking-Cessation.pdf](http://www.nhslanarkshire.org.uk/Services/StopSmoking/Documents/Dental-Referral-Pathway-for-Smoking-Cessation.pdf)



# Commonwealth Games came to Lanarkshire

The Glasgow Commonwealth Games 2014, which was attended by 6500 athletes and officials from 71 countries, took place from 23 July to 3 August 2014. Lanarkshire became part of the games by hosting three events: the Triathlon at Strathclyde Park, the Mountain Biking at Cathkin Braes and Cycle Time Trial at the Northern Corridor.

NHS Lanarkshire's oral health and Childsmile team gave out oral health advice and giveaways to visitors from a mobile dental clinic stationed at Strathclyde Park during the Triathlon event.



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[www.nhslanarkshire.org.uk/Services/Oral/Pages/KeepLanarkshireSmiling.aspx](http://www.nhslanarkshire.org.uk/Services/Oral/Pages/KeepLanarkshireSmiling.aspx)