

“NHS Lanarkshire places a high emphasis on oral health. In this newsletter you can find details of the various NHS Lanarkshire services and initiatives which are helping to improve the oral health of Lanarkshire’s population.”

Albert Yeung, Consultant in Dental Public Health, NHS Lanarkshire



A child's picture of the dentist from 'Harry at the Zoo'.

Knowledge and Attitudes of Expectant Mothers regarding Oral Health

The SIGN guideline on the prevention of caries in pre-school children states that oral health promotion programmes to reduce the risk of early childhood caries should be available for parents during pregnancy and continued postnatally. As a result, NHS Lanarkshire carried out a needs assessment with expectant mothers last year. The results can be found in the Director of Public Health Annual Report 2007 and have been used to inform the development of patient information and future oral health improvement services. A scientific poster outlining the study won the 2008 Roger Anderson Poster Prize, awarded by the British Association for the Study of Community Dentistry.

• **For more information contact Celia Watt, Senior Health Promotion Officer (Oral Health).**



Molly from Molly and the Magic Lunchbox DVD

Childsmile

Childsmile is a national programme designed to improve children's oral health and reduce oral health inequalities. The programme consists of the following main elements.

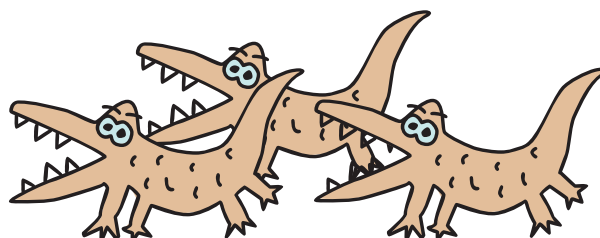
Childsmile Practice

Childsmile Practice targets children from birth and promotes oral health improvement and prevention of decay through primary care dental services and local community settings. Every child in NHS Lanarkshire, born on or after 1 January 2005, can access Childsmile sessions. The dental team provide advice and support on keeping the child's teeth healthy and, as the child gets older, additional preventive care such as fluoride varnish and fissure sealants. Childsmile sessions are now available at over 40 dental practices across NHS Lanarkshire.

Childsmile Nursery and School

Childsmile also targets children who would benefit from additional preventive care such as twice yearly application of fluoride varnish to the teeth of children attending nursery and primary schools within high priority areas. This part of the programme will start within NHS Lanarkshire during 2009/10. For more information on Childsmile Practice, Nursery or School, check out the website at www.child-smile.org or contact

Susan Frew, Childsmile Coordinator.



Lanarkshire win Overall Team of the Year at 'Dental Oscars'



Fred MacAulay, Elaine Sharp, David Phillips, Albert Yeung, Paul McKendrick

'Harry At The Zoo' – described as 'innovative', 'creative' and 'an effective tool for oral education' – helped to win the 'Overall Team of the Year 2008' award at the 10th Anniversary Dental Awards organised by The Probe magazine (known unofficially as the 'Dental Oscars') in April 2008. The DVD has also been chosen as an educational resource in the British Dental Health Foundation product catalogue, which is distributed worldwide.

As a result of this success, two sequels 'Harry's Holiday' and 'Molly and the Magic Lunchbox' have now been completed and will be distributed to schools this year.

• **For more information contact Elaine Sharp Senior Oral Health Educator**



Elaine Sharp and Christine Pollock with the winning children from St Brendan's Primary School

Salaried Primary Care Dental Service (SPCDS)

Lanarkshire SPCDS works across the length and breadth of Lanarkshire providing care in Health Centres, Hospitals, and Care Homes and often on a domiciliary basis. Mobile dental vans also allow access to the more remote and rural schools across Lanarkshire, providing dental care.

In addition to treatment, this service places a significant emphasis on prevention of disease. A team of Oral Health Educators are employed to provide a service to each of the Community Health Partnership localities.



A child's drawing of an Oral Health Educator at work.

Core Toothbrushing Programme

In Lanarkshire, supervised toothbrushing is offered to every 3 and 4-year-old attending nursery. Presently, 227 out of the 228 nurseries in Lanarkshire are participating.

Targets were set within the 'Action Plan for Improving Oral Health and Modernising NHS Dental Services in Scotland' to ensure 20% of children in the most deprived circumstances were offered daily supervised toothbrushing. In Lanarkshire 132 of the 226 (58%) primary schools are involved and 98% of those schools are in SIMD quintile 5.

The aims of the programme are to:

- Deliver fluoride toothpaste to the enamel surface of the teeth
- Establish good toothbrushing and healthy eating habits from an early age
- Teach children toothbrushing as a life skill.

The core programme also involves the free distribution of oral health packs to every child in Scotland on at least ten occasions during their first 5 years of life.

Locally the Salaried Primary Care Dental Service Oral Health Education Team coordinate the core programme.

• **For more information contact Elaine Sharp, Senior Oral Health Educator.**

National Dental Inspection Programme

Lanarkshire SPCDS is also involved in the National Dental Inspection Programme, which collects epidemiological data on the dental health of children across Scotland. This information is used to inform national strategies aimed at tackling poor oral health, as well as being useful to the service on a local level.

The service has a large number of staff based in all the major health centres across Lanarkshire, and is administered and managed from the Dental Office located in Coathill Hospital.

Lanarkshire Emergency Dental Service

The Lanarkshire Emergency Dental Service started in March 2006. It aims to provide emergency access to out of hours dental care for un-registered residents of Lanarkshire and to provide a service to registered patients of the participating dentists.

By March 2009, all health boards will be integrated into a national out of hours dental service frontlined by NHS 24, with clinical end points being provided by each board. Currently in Lanarkshire unregistered patients can access out of hours care locally by contacting NHS 24.

The Lanarkshire service has been very successful to date with the numbers of participating dentists continuing to grow and regular positive feedback from dentists who take part. Many feel participating in this service is much less onerous in comparison with previous arrangements. Dentists wishing to join may contact the Dental Office on 01236 707711.

Something to smile about: An Oral Health Improvement Initiative with the Homeless

Dental decay and advanced gum disease are found in high prevalence among the homeless population. Homeless people may be twice as likely to suffer from oral cancer in comparison to the population as a whole due to social deprivation, poverty and the increased use of drug, alcohol and tobacco products. These factors, plus the other barriers this group experience in accessing dental services, have led to the development of a targeted programme of oral health improvement in Lanarkshire. The programme aims to build the capacity of staff working within local authority, health and the voluntary sector to deliver oral health promotion advice and signpost service users to appropriate dental services.

• **For more information contact Celia Watt, Senior Health Promotion Officer (Oral Health).**

Smoking Cessation in Dentistry: Expanding Dentistry's Contribution to Public Health

Conference held on 5 December 2008.

Ash Scotland and NHS Health Scotland recently organised the above conference to examine and discuss the potential for dentistry to link with smoking cessation services in Scotland and help NHS to support patients to stop smoking. NHS Lanarkshire would like to explore these possibilities locally this year, with a group meeting in early February.

• **For more information on NHS Lanarkshire Stop Smoking Service patients should call 08452 17 77 07 or text 'Advice' to 81066.**

Smile with Confidence

A new resource has been developed by Health Promotion to raise secondary pupil and teacher awareness of the importance of good oral hygiene and develop the knowledge and skills needed to look after the teeth and mouth.

The resource was piloted in 8 schools across Hamilton, Airdrie, Coatbridge and Wishaw, and has evaluated very positively. The resource includes information for teachers, sample lesson plans, a visual resource box containing educational resources, and a DVD. The resources were developed in partnership with education services and pupils from participating schools. The resource is currently being adapted for use in special needs schools and will be available to all schools this year.

• **For more information contact Celia Watt, Senior Health Promotion Officer (Oral Health).**



Pupils from Larkhall Academy who scripted and dramatised a story on oral health for their peers.

Oral health improvement in care homes

Nursing and other health care providers play a significant role in the health of the dependent older person within the care setting. However, in the nursing curriculum presently, there is a lack of training in oral health and oral diseases and unfortunately oral hygiene procedures are often overlooked. As a result NHS Lanarkshire Oral Health Education Team have developed a training programme for carers within the long stay hospitals and care home setting across Lanarkshire.

Initial developments include:

- A dental evaluation tool and a daily assessment tool for use by staff
- Training package for care home staff
- A referral system to manage residents having difficulty in accessing GDPs
- A denture marking service

• **For more information contact Brenda Hendren, Senior Oral Health Educator.**



Ross Jones Consultant Orthodontist NHS Lanarkshire

Where are you from?

I live in Strathaven, and I have lived there all my life. Following my undergraduate studies at Dundee University, I spent a

year as a Vocational Dental Practitioner at Springburn Health Centre in Glasgow, then moved to Glasgow Dental Hospital and later Canniesburn Hospital as an SHO. During this time I gained experience in General Practice, Restorative, Paediatrics, Orthodontics and Oral and Maxillofacial Surgery. My specialist orthodontic training took place at Glasgow Dental Hospital and the Edinburgh Dental Institute. I worked as a Locum Consultant Orthodontist at Glasgow Dental Hospital for a year before taking up my post here at Monklands Hospital.

What drove you to a career in Orthodontics?

As an orthodontist you are rewarded as you see someone's smile change gradually before your eyes. As their teeth align and facial aesthetics improve often their confidence and self-esteem improves and you can make a life-long difference to your patients.

What would you like to achieve in your first year in post?

My immediate goal is to achieve the Scottish Government's waiting list targets: by March 2009 no new patients should wait longer than 12 weeks for a first appointment and for treatment. Patients should not wait longer than 12 weeks to start treatment from when I place them on the Treatment Waiting List. We are easily reaching the new patient target here at Monklands, with patients receiving first appointments for initial diagnosis within 4 weeks. We are currently only receiving a small number of new patient referrals and I hope this will increase now I am in post. The treatment waiting list presents more of a challenge, although plans are in place to allow us to reach our target of a maximum wait of 12 weeks by March 2009.

What has been your greatest achievement to date?

Professionally my greatest achievement was winning the William Houston Gold Medal as part of my specialist orthodontic training. The Medal is awarded to the best candidate at the Membership in Orthodontics Examination of the Royal College of Surgeons of Edinburgh, and I believe it is the first time it has been awarded to a trainee who undertook their specialist training in Scotland.



A child's drawing as part of the Harry at the Zoo competition showing the dentist.

Local Contacts:

Susan Frew, Childsmile Coordinator

susan.frew@lanarkshire.scot.nhs.uk

Brenda Hendren, Senior Oral Health Educator

brenda.hendren@lanarkshire.scot.nhs.uk

Elaine Sharp, Senior Oral Health Educator

elaine.sharp@lanarkshire.scot.nhs.uk

Celia Watt, Senior Health Promotion Officer

celia.watt@lanarkshire.scot.nhs.uk