

What is new in oral health improvement?

Delivering Better Oral Health (DBOH) was first published in 2007 to support dental teams and the public to improve their oral health and reduce oral health inequalities by implementing evidence based practice. The resource has been quoted as an example of good practice to improving oral health in Europe.

The 4th edition, also now available in a new digital format, was published in September 2021. The updated version places more emphasis on a risk-based management approach, encouraging dental recall across the life course of individuals. Feedback from dental teams requested more advice about infant feeding, so there is new information on breastfeeding and processed baby food. Also added is content on the early detection of oral cancer and more details on tobacco cessation and promoting a reduction in alcohol consumption in patients. There is, for the first time, summary



guidance on the prevention of tooth wear, focusing on its identification and potential causes. In terms of practical support, there are links to tools and other resources to promote healthier lifestyles including stopping smoking and healthier eating. Importantly, this iteration has more advice regarding the oral health needs of older people and other vulnerable groups.

The updated DBOH provides all dental teams and the wider health and social care workforce

with consistent evidence based messaging. However, the key challenge remains to support its implementation and the delivery of preventive care and interventions that result in behaviour change and better oral health.

The 4th edition of DBOH can be found at:
www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention.



Antibiotics

DON'T

Cure

Toothache



- Toothache is **usually** caused by decay, which may lead to dental infection

- The best way to treat a toothache is to remove the cause of infection

- Contact your dentist for the most appropriate advice and treatment

- If you don't have a dentist and require urgent care call **NHS 111**

Developed from the ESPAUR Dental Antimicrobial Stewardship Toolkit:
<https://www.gov.uk/guidance/dental-antimicrobial-stewardship-toolkit>



Find out more and sign up to become an Antibiotic Guardian at <https://antibioticguardian.com/>

Toothache and antibiotics

Antibiotic resistance is one of the biggest threats facing the world today. Unlike many things in medicine, antibiotics work less effectively the more often they are taken. Antibiotics are not always the best way to manage toothache and dental infection.

To keep your mouth healthy, you should:

- Brush your teeth for two minutes, twice a day with fluoride toothpaste. Spit out, don't rinse!

- Eat a healthy balanced diet, limiting sugary food and drink to mealtimes only!
- Visit a dentist regularly – to get your mouth checked!

The Scottish Antimicrobial Prescribing Group has developed a poster to promote the message 'Antibiotics don't cure toothache'. It is available to download from:
www.sapg.scot/media/6456/antibiotics-dont-cure-toothache-a4-poster.pdf.

Mouth cancer action charter

The Oral Health Foundation and Denplan have produced a new Mouth Cancer Action Charter, which they launched in the Houses of Parliament in November 2021 in a bid to mitigate the increasing rates of mouth cancer in the UK. Mouth cancer is now the 14th most common cancer in the UK and the 9th most common cancer amongst men. In the last year, over 8,000 people have been diagnosed with the disease, twice as many as 20 years ago. Over the last 10 years, the UK has seen a 48% rise in the number of people losing their life to mouth cancer, mostly as a result of late diagnosis. Unfortunately, there is still poor understanding of the signs and symptoms of mouth cancer. Almost 86% of British adults have now heard of mouth cancer. However, awareness of the major signs for mouth cancer is as low as 23%. Awareness on the major risk factors of mouth cancer is as low as 16%.

Survival rates for mouth cancer have hardly improved over the last 30 years. Identifying mouth cancer early is crucial for beating the disease. Indeed, early detection boosts chances of survival from 50% to 90%.

More informed lifestyle choices, earlier diagnosis and improved access to dental services are some of the key challenges in tackling mouth cancer rates. The Mouth Cancer Action Charter sets out policy interventions believed to be most effective in raising awareness and reducing rates of mouth cancer.

These interventions include developing a government funded public awareness campaign highlighting the signs and symptoms of mouth cancer; training programmes for healthcare staff to enable them to look for signs of mouth cancer; and supporting the development of better technology to diagnose mouth cancers including a mobile app to enable patients to share photographs of their mouth lesions which would then be reviewed promptly by a consultant.

The Oral Health Foundation and Denplan are asking dental professionals and other healthcare professionals to show their support and sign the Charter at: www.dentalhealth.org/mouth-cancer-action-charter.

The full charter is available at: <https://bit.ly/3y0lphd>.



Head and neck cancer reference sheet

NHS Lanarkshire
Department of Oral and Maxillofacial Surgery
Head and Neck Cancer Reference Sheet

Signs and Symptoms of Head and Neck Cancer:

- Unexplained ulceration of the oral cavity or mass persisting for more than 3 weeks.
- An unexplained palpable lump in the neck i.e. of recent onset or a previously undiagnosed lump that has changed over a period of 3 – 6 weeks. (Lymphadenopathy)
- Unexplained persistent swelling in the parotid or submandibular gland
- Unexplained red and white patches (including suspected lichen planus) of the oral cavity particularly if painful, bleeding or swollen
- Oral cavity and lip lesions or persistent symptoms of the oral cavity followed up for four weeks where definitive diagnosis of a benign lesion cannot be made
- Non-healing extraction sockets (>4 weeks duration) or suspicious loosening of teeth, where malignancy is suspected (particularly if associated with numbness of the lip)
- Unexplained Jaw Swelling (Large Radiolucency or Radio opacity)

Risks Of Head and Neck Cancer:

- Smoking/Chewing tobacco (Current / Previous)
- Excessive Alcohol Use (Current/Previous)
- Betel Quid (Current /Previous)
- HPV
- Shisha/ Hookah (Current /Previous)
- Males >55, Females > 70
- Low fruit and veg consumption

Please include full clinical history, medical history, medication, allergies, smoking history, alcohol history and photographs with all referrals.

Oral Squamous Cell Carcinoma

- Enlarging Ulceration
- Bleeds when pressed
- Rapid rolled margins
- Indurated & hard to palpation,

Contact Details:
Contact University Hospital Monklands switched board on 01236 748749 and ask for Oral and Maxillofacial first on call.
Referrals via SCI Gateway and specify urgency of referral : USOC
PLEASE INCLUDE SIZE OF LESION, PHOTOGRAPHS & RADIOGRAPHS

Neck Lump- USOC
For further information please visit: <https://bdb.org/oralcancer> or https://www.doctors.net.uk/eClientopen/CRUK/oral_cancer_toolkit_2015_open/home.html

With the support of Tom Walker, NHS Lanarkshire consultant in oral and maxillofacial surgery, and Ahmed Bhaiyat, specialty dentist, Lanarkshire Local Dental Committee has established a local oral surgery study group (<https://ldclanarkshire.org.uk/events-meetings/lanarkshire-oral-surgery-study-group>).

A reference sheet has been developed to highlight the signs and symptoms of head and neck cancer. The head and neck cancer reference sheet is available at: <https://ldclanarkshire.org.uk/wp-content/uploads/2022/02/NHS-Lanarkshire-HD-Reference-Guide-February-2022.pdf>.

Healthy Smiles animation film launched

An animation film promoting good oral health and healthy eating for young children has been unveiled by Lanarkshire Chinese Association (LCA) ahead of the Chinese New Year.

New College Lanarkshire (NCL) graduate Ruben Fernandez has created the film, which features a tiger cub character conceptualised by Ruben to reflect that 2022 is the Year of Tiger in the Chinese zodiac.

Ruben said: "I really enjoyed animating the character when you give it life and imagine its personality."

NCL lecturer Scott McKenzie, said: "Ruben's stunningly professional animated film will help to improve the quality of life and wellbeing of children in Lanarkshire's Chinese community."

LCA Chair, Pui Ling Glass, said: "The partnership with NCL has proved to be a great success. Scott and Ruben have been enthusiastic and professional in equal measures."

The Healthy Smiles project has been funded by Scottish Government Oral Health Community Challenge Fund, which provided £35,810 from summer 2019 to improve oral health among infants and families in Lanarkshire's Chinese community.

The animation film is accessible from: <https://youtu.be/S9PeJEMc1mE>.



Supporting better oral care in care homes

'A clean, healthy mouth is fundamental to everybody's quality of life and a basic human right.'

In September 2021, Scotland's Care Inspectorate published their good practice resource *Supporting Better Oral Care in Care Homes* and the above quote is the opening statement which highlights the main aim of this publication.



This document was written in conjunction with colleagues from the national oral health improvement programmes 'Caring for Smiles' and 'Open Wide' and is an 8-page document which aims to outline good oral care practices for staff looking after residents of care homes. It also provides the reader with practical hints and tips to enable them to deliver the best oral care practices to those in their care. The information within this guide will also help form part of the scrutiny toolbox used during care home inspections.

Key recommendations in this document include:

- Personal oral care plans that are based on assessment and involvement of residents/ their families
- Mouth care that is appropriate for the resident's individual needs
- Independence is encouraged and support offered when required
- Environment and positioning guidance
- Enhanced support at difficult times
- Involvement of other professionals.

Following publication, a webinar was held jointly with representation from health and social care improvement teams, dental public health and Caring for Smiles. Access to the webinar can be found at:

<https://youtu.be/OwlfEGGfcQo>.

For further information, including access to the full document, please visit: www.careinspectorate.com/index.php/news/6293-supporting-better-oral-care-in-care-homes.



New public dental service clinical director

NHS Lanarkshire welcomes its new clinical director of public dental service, Geraldene Irving, following the retirement of Anne Moore.

Geraldene, who lives in Kilsyth, started in the role on 10 January 2022 having previously been the assistant clinical director of public dental service for NHS Greater Glasgow and Clyde.

Geraldene said: "I'm very excited to join the public dental service within NHS Lanarkshire. I'm especially grateful for the warm welcome I have received from the team since I came into post.

"As with all specialties, COVID-19 has had a massive impact on how we work and how we deliver care to our patients.

"It is clear that dental services across Lanarkshire have really pulled together and adapted in order to keep delivering the essential dental treatments that our patients require."

Geraldene's key priorities are to remobilise services and to get staff into the roles they were doing pre-COVID – taking on board the learning over the pandemic.

Geraldene added: "Lanarkshire has a fantastic reputation of general dental service and public dental service working together; particularly during the pandemic that really shone through.

"Through the challenge the professions face, there is also a great opportunity to assess everything that we have learned, both the good and the bad, to help shape the way that the service runs moving forward.

"There has been a lot of collaborative working with general dental service. It has enabled us to look at how we can work together to better treat our patients and how we can better use our time and resources."

Healthcare worker respect campaign

The Scottish Government has launched a [Healthcare Worker Respect Campaign](#) to tackle increased levels of violent and abusive behaviour from patients and service users towards healthcare workers.

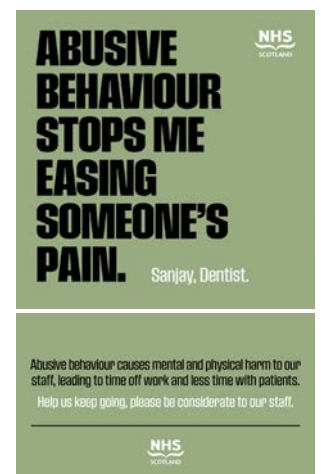
Abusive behaviour causes mental and physical harm, leading to time off work and reduces the capacity to deal with patients. Core messaging recognises the challenges staff are facing and the consequences inappropriate behaviour can have on dental team members.

The aim of the public messaging campaign and practical toolkit is to provide dental practices, dental hospitals and the public dental service with useful resources to help reduce levels of violent and abusive behaviour being experienced by the dental team.

The practical toolkit contains:

- Social media assets
- Posters discouraging unacceptable patient behaviour
- Posters for staff-only areas, which encourage staff to report abusive behaviour.

Practices are encouraged to display posters in areas where patients can see them as well as use the provided assets on their social media channels.



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www.nhslanarkshire.scot.nhs.uk/services/dental-services