

Oral Health Resource Materials

**Prepared for the Tripartite Planning Committee for First Nations
and Aboriginal Maternal and Child Health**

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Health; First Nations and Inuit Health Branch, Health Canada; and the BC
Regional Health Authorities

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Background

The Oral Health Working Group was asked to provide a list of preferred resources used to promote oral health and prevent early childhood caries. Representatives on the working group surveyed program and community staff about the types of oral health resources currently used with clients in community settings. Resources included pamphlets, information sheets, teaching kits, models, and posters. Selection of the preferred oral health resources was based on the following five principles:

1. The resource is consistent with current best practices for oral health;
2. The resource is consistent with approved oral health messages;
3. The resource is easy to understand, and visually engaging;
4. The resource is well received and used by clients; and
5. The resource is culturally appropriate.

Key oral health resources were identified and reviewed by the Oral Health Working Group. A short list of the best resources were identified and endorsed by the working group.

Recommendations for Use and Dissemination

The Oral Health Working Group outlined the following five recommendations on the use and dissemination of oral health resources (including pamphlets, information sheets, teaching kits, models and posters):

1. That oral health resources are most effective when reviewed 'one-to-one' with the parent, family member or caregiver;
2. That training is provided to anyone using oral health resources with families and groups;
3. That the Aboriginal Maternal and Child Health (AMCH) committee focus test potential oral health resources with parents and families as well as with community health staff (APPENDIX A includes a list of potential focus group questions);
4. That a dissemination plan for the use of oral health resources be developed; and
5. That oral health resources be reviewed regularly to ensure content remains current and kits are complete.

Key Oral Health Resources

Table 1 includes a description and estimated cost for each preferred oral health resource that was identified by the Oral Health Working Group. The Aboriginal Maternal Child Health Committee (AMCH) may decide to use some of these resources as they are; others they may want to revise to suit the needs of the populations they serve. The identified resources may also inform the development of new resources that are tailored to Aboriginal populations.

Table 1: Oral health pamphlets and information sheets for use with parents and care providers

Resource Name	Description	Sample	Estimated Cost ¹
Lift the Lip	<p>Pamphlet. Includes information about oral health care for infants and children. It includes images showing early childhood caries.</p> <p>Considerations: AMCH may wish to update the oral health images if they wish to adopt this pamphlet. The oral health images are copyrighted.</p>	See APPENDIX B	\$50/100 colour pamphlets
Brush-Up on Baby's Teeth	<p>Information Sheet. Includes information about the importance of baby teeth, oral health care and prevention of dental decay. It includes information on how to stop bottle use at sleep times. Used as a handout for families with 12-month old infants.</p> <p>Considerations: AMCH may wish to update the images / photos in this handout.</p>	See APPENDIX B	\$50/100 colour information sheets (double sided)
Snack Master and Rethink What You Drink	<p>Information Sheet. Includes information and suggestions for dentally nutritious snacks and information about reducing or avoiding sweetened beverages.</p> <p>Considerations: AMCH may wish to adapt snack suggestions based on cultural practices.</p>	See APPENDIX B	<p>\$50/100 colour information sheets (double sided);</p> <p>\$20/100 black and white information sheets (single sided)</p>

¹ Estimate does not include shipping costs if required. Printing estimates assume that colour copies cost \$0.25 per single sided page and black and white copies cost \$0.10 per single sided page.

Healthy Snack Guide	Information Sheet. Includes information and suggestions for dentally nutritious snacks. Considerations: AMCH may wish to adapt snack suggestions based on cultural practices.	See APPENDIX B	
What Can I Do When my Child Won't Cooperate with Toothbrushing?	Information Sheet. Includes suggestions for how to make brushing more enjoyable. Includes songs and activities related to brushing. Considerations: AMCH may wish to update songs / content based on cultural practices.	See APPENDIX B	\$50/100 colour information sheets (double sided) \$20/100 black and white information sheets (double sided)
Fluoride Varnish Program	Brochure. Includes information about Fluoride Varnish programs. This brochure discusses what fluoride is, and how it helps protect teeth.	See APPENDIX B	\$50/100 colour pamphlets

Table 2: Oral health models and teaching kits

Resource Name	Description	Sample	Estimated Cost ²
Large tooth models/ puppets	Dental models and puppets with teeth. Used to demonstrate brushing, flossing and positioning children. Some models also show teeth before eruption. Models are considered core equipment for oral health programs. Considerations: Models may be expensive.	Various models and puppets are available for purchase online through the Practicon website: http://practicon.com/Education/c/700/c2c/ln/	\$25 to \$100/puppet \$60 to \$350/model
Gross, Disgusting and Totally Cool Mouth Book	Large book with great photos and graphics about the mouth and teeth. This resource is used as a core teaching tool by dental health program staff.	The book is available for purchase online through the Practicon website: http://practicon	\$40/book

² Estimate does not include shipping costs.

Resource Name	Description	Sample	Estimated Cost ²
		.com/The-Gross,-Disgusting-and-Totally-Cool-Mouth-Book/p/80-99610/c/700/	
Oral Health Kits	<p>Kit. These kits are used with parents as a teaching tool. Each kit is used with a specific group or age group and contents may be customized.</p> <p>A prenatal kit may include an information sheet about oral health care, an adult toothbrush, and floss. A newborn kit may include a ‘finger’ brush, mouth cleaning cloth, and information on healthy teeth and infant feeding. The 6 month kit may include a 2 handle cup with no lid, bib, and a teething ring. The 12 month kit may include a tumbler (lidless) cup, toddler toothbrush, and the lift the lip pamphlet. A preschool kit may include a book, a child’s toothbrush and an info sheet. A school age kit may include sealant info, a child’s toothbrush, and a brushing chart.</p> <p>Considerations: Kits can be expensive to purchase. The working group recommends that kits be used in communities where an oral health program exists, and staff to inform parents about the use of the kits.</p>		<p>Varies depending on kit content. Purchasing items locally and assembling kit may be less expensive than ordering pre-made kits.</p>
You and Your Baby	<p>Teaching kit – This is a nutritional and dental health learning resource kit that holds 17 activity labels each with an attached teaching aid. This is an ideal learning activity for prenatal or new parent groups and caregivers of young children.</p> <p>Considerations:</p>	See Appendix B	\$200/kit

Resource Name	Description	Sample	Estimated Cost ²
	It may be less expensive to purchase kit contents locally. AMCH may wish to consider developing a dissemination plan, training component and an evaluation if this type of kit is used.		
Healthy Smile Happy Child- Preventing ECC	PowerPoint Presentation. This resource is used with individual clients and in small group sessions.	Available on the Winnipeg Health Region website: http://www.wrha.mb.ca/healthinfo/preventill/files/ECTD_HealthySmile_E.pdf	No cost

Table 3: Poster materials for displays

Resource Name	Description	Sample	Estimated Cost
Prenatal – 3 poster set about oral health during pregnancy	Health Canada – Children’s Oral Health Initiative Poster series	See APPENDIX B	Available from the Children’s Oral Health Initiative (COHI) for no charge
Nutrition and Snacking - 3 poster set about dentally healthy snacks and nutrition	Health Canada – Children’s Oral Health Initiative Poster series	See APPENDIX B	Available from COHI for no charge
Early Childhood Caries Prevention - 3 poster set about early childhood caries prevention nutrition	Health Canada – Children’s Oral Health Initiative Poster series	See APPENDIX B	Available from COHI for no charge

APPENDIX A: Sample Focus Group Questions

Table 1: Focus group questions suggested by the Oral Health Working Group

Questions for those who may use a resource to teach others:
<ol style="list-style-type: none">1. When you think about dental health, what comes to mind? (rationale: open-ended question to start dialogue on dental health and concerns)2. In your work, when do you talk about dental health?3. Tell us where, when, how you would use resource X.4. What do you like best about resource X that would make you use it again and again?5. Would you use this resource instead of another with the same message? Why or why not.6. Tell us where, when, how you would use resource X.7. If you could change resource X, what would you change?8. Do the resources meet your needs?9. What other resources would be useful for you?
Questions for clients who may receive a resource:
<ol style="list-style-type: none">1. When you think about dental health, what comes to mind? (rationale: open-ended question to start dialogue on dental health and concerns)2. <u>Presentation of resource X</u><ol style="list-style-type: none">a) What “caught your eye” or got your attention? Did anything make you want to read it? (and did you read it after you picked it up? If not, what got in the way?)b) What age group did you think this resource was for?c) What did you think the resource was about?d) Was print easy to read? Was the language (wording) clear?e) Were the pictures appropriate?f) What suggestions do you have to improve the resource?



3. **Information**

- a) Was the information relevant? Realistic? Unrealistic?
- b) Was the information clear/make sense?
- c) What information was missing?
- d) Was there too much information? Right amount of information?
- e) Do you know who endorses/supports the information (where is the information from)?
- f) How did you determine if information is from a reliable source?
- g) How do you like to get information? (Facebook, Google, television, radio, posters, pamphlets, one on one etc)

4. **Action**

- a) Do you know where to get more information?
 - b) What did you take away from the resource? (Did you learn anything?)
 - c) How would you use this resource at home?
 - d) What else would be useful for you to have to take home?
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Figure 1: Sample focus group question sheet

Patient Education Material		Form B	
Patient Review Form			
	We want the information that we give to you to be easily understood. Please help us in answering the following questions relating to the pamphlet you have received. Put a check mark (✓) next to the answer that best shows your opinion. <i>(adapted from Beenstock, 1997, South Manchester University Hospital)</i>		
Please think about the look of the pamphlet.			
Was the pamphlet....	<input type="checkbox"/> Too long	<input type="checkbox"/> Too short	<input type="checkbox"/> About right
If the pamphlet includes diagrams, photographs or tables, were they clear?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Please think about the way the pamphlet was written.			
Was the print....	<input type="checkbox"/> Too big	<input type="checkbox"/> Too small	<input type="checkbox"/> About right
Were there enough headings?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Was the layout easy to follow?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Do you think that the pamphlet was clearly written?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Did you understand all the words that were used?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Please think about the information that was included in the pamphlet.			
Were all your questions answered?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Did the pamphlet leave you with further questions?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Did the pamphlet make it clear how to contact someone to help you with further questions?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Please think about any instruction that were included in the pamphlet.			
Do you understand what the pamphlet tells you to do?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Do you think you will be able to do what the pamphlet tells you to do?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Please think about the usefulness of the pamphlet.			
Did you read all the pamphlet?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Do you intend to keep the pamphlet?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Do you think you will refer to the pamphlet again?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Feb/03			

APPENDIX B: PRINT RESOURCE SAMPLES
