Oral Health Literacy

Activities to Educate the Profession

IOM Health Literacy Workshop:
Past, Present, and Future
November 6, 2014
Improving The Oral Health Of The Public

**ADA Vision**
- To be the recognized leader on oral health

**CDA Missions**
- The CDA is committed to the success of our members in service to their patients and the public
- To improve the health of all Californians by supporting the dental profession in its effort to meet community needs
A Brief History of our Past

- National Call to Action to Promote Oral Health – May 2003
- IOM Report 2004: A Prescription to End Confusion
- NIDCR Workshop on OHL 2004 – The Invisible Barrier: Literacy and Its Relationship with Oral Health
- Research related to OHL: Drs. Lee and Rozier from UNC
- Since 2001 health literacy included in the annual session of most major dental organizations and government sponsored meetings; i.e. APHA, AADR, AAPHD, AGD, HDA, ADA
Our Past Continued…

ADA

- 2006 - ADA House of Delegates adopted health literacy definitions and policy statement
- 2007 - Established National Oral Health Advisory Committee
- Developed Health Literacy in Dentistry Plan: 2010-2015
- In 2009 - in accordance with Research objective, conducted surveys among US dentists, dental hygienists and dental assistants
Our Past Continued…

ADA

Survey Conclusions:
1. Number of communication techniques used routinely varies greatly among dentists
2. Low use of techniques most commonly recommended by health literacy experts
3. Routine use of techniques was similar to physicians, nurses and pharmacists
4. 73.3% had never had a course in health communication, 68.5% indicated interest
Our Past Continued…

CDA

• CDA Journal on Oral Health Literacy
• First Smiles
• Oral Health During Pregnancy and Early Childhood: Evidence-Based Guidelines for Health Professionals
• CAMBRA
• Funded seat on IOM HL Roundtable
National Plan to Improve Health Literacy in Dentistry

Oral Health Literacy: At the Intersection of Schools and Public Health

Creating a Health Literacy-Based Practice

Maryland Dentists' Knowledge of Oral Cancer Prevention and Early Detection

Health Literacy and California’s Clarion Call

Some Thoughts on Improving Access to Oral Health Care for Vulnerable Populations: Community Health Workers
CDA Foundation Activities

12345 first smiles

Education and Training Program
CDA Foundation Activities

Oral Health During Pregnancy and Early Childhood:

Evidence-Based Guidelines for Health Professionals
Guidelines Dissemination

Comprehensive dissemination effort to announce the availability of the guidelines through various channels

Professional organizations (obstetrics, pediatrics, dentistry, dental hygiene, family practice, nurse-midwives)

Insurance carriers

Dental schools, medical residency programs

Governmental agencies (MCAH, First 5, Medicaid, SCHIP)

List-Serves (Dental Public Health, Community Clinic Voice, Kids Oral Health, NNOHA)
CDA Foundation Activities
CAMBRA

- Evidence-based methodology to assess caries disease indicators and risk factors on an individual basis
- Risk assessment determines individualized treatment care plan that includes behavioral, chemical, and minimally invasive procedures most appropriate for the patient
- CAMBRA Consensus Conference 2011
- CAMBRA PBRN
CDA Activities

IOM Health Literacy Roundtable

• Presenter at Oral Health Literacy workshop

• Funded a seat on the Roundtable 2013-2015

• Discussion paper on an oral health topic
CDA Activities

After Visit Summaries: A Tool Whose Time Has Come for Use in Dentistry

By Alice Horowitz, Lindsey Robinson, Man Wai Ng, and Amit Acharya

The authors explore the After Visit Summary from the perspective of both a stand alone dental practice and as a combined summary integrating oral health-related information with medical information. They make a case for considering the AVS as an important piece of the larger puzzle needed to improve oral health and general health literacy for all patients.
Our Past Continued…
Maryland
Prevention and Early Detection of Dental Caries:

Maryland Health Literacy Model
Maryland Health Literacy Model

Goals:

• Establish local or state needs
• Determine what the public knows and does regarding caries prevention & early detection
• Determine public’s perceptions of providers communication skills
• Determine what public agencies (HeadStart, WIC) know and do regarding caries prevention & early detection
• Determine what health providers know & practice regarding caries prevention/early detection
• Determine communication techniques of healthcare providers
• Conduct environmental scans of dental facilities
Our Past Continued…

Maryland Health Literacy Model

Results for General Public:

- Does not understand how to prevent tooth decay
- Does not know what fluoride is or what it does
- Does not know what sealant are or why they are used
- Adults/children do not drink tap water, especially low income

Our Past Continued…

Maryland Health Literacy Model

Results for Health Providers:

- Many do not have a good understanding about how to prevent tooth decay

  Includes dentists and dental hygienist!

- Many do not provide dental sealants

- Most health care providers do not use recommended communication techniques

Maryland Health Literacy Model

To Improve Communication with Patients:
- Listen carefully to patient
- Use ‘teach-back’ method
- Ask patient what they will do at home to follow instructions
- Slow down, use short statements
- Use plain language and avoid yes/no questions
- Use visual aids
- Provide communication skills training for your staff
- Assess your office/clinic to determine user friendliness
- Be patient with staff and patients… Rome wasn’t built in a day!

Our Present...

**ADA**

- Sent two staff to Institute for Healthcare Advancement meeting last Spring
- Revising all patient education material to conform to HL principles
- CAPIR providing content expertise for IHA publications
- Convened CE course on OHL in Chicago: *Health Literacy: Foundation of Patient Understanding*
- Re-convened NACHLD
- ADA to take over funding of IOM seat
- ADA Policy
- Research continues
Our Future...

ADA
The ADA is positioned to be a leader in OHL
- Continue funding the IOM seat
- Convening the National Advisory Committee for Health Literacy in Dentistry (NACHLD)
- Adopt the Ten Attributes of a Health Literate Organization
- Educating members about health literacy principles
- Explore opportunities to collaborate with other organizations in support of improving OHL
Our Future…

ADA

Adopt the Ten Attributes

*Case Example #3: Prepares the workforce to be health literate and monitors progress.*

Will aim to have HL included within the Intent sections of the relevant standards for accrediting pre-doctoral dental education programs as a first step. Explore including HL in actual standards.
Our Future...

CDA

- Will work with the new state dental director to incorporate health literacy principles within the work of state government and programs meant to improve the public’s oral health

Maryland

- Research continues
Our Future…

The Bottom Line…

*Health Literacy is inextricably linked to improving oral health...especially among low income groups*

Each of us has a role, opportunity and responsibility to improve oral health literacy of patients, providers, and the public
Together...

We can put Annie together again!

Slides courtesy of Dr. Alice Horowitz
Resources

• Dentist-patient communication techniques used in the United States: The results of a national survey. JADA May 2011 142(5): 518-530

• Oral Health Guidelines for Pregnant Women:
  – www.cdafoundation.org/guidelines

• CDA Journal issues:
  – http://www.cda.org/member-resources/journal
Thank you!

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