

Providing Oral Health Service in Primary Care Practice

An 8-minute video providing instruction on the 5 essential oral health services provided during a well child visit.

Watch the video:

<https://vimeo.com/uhmanoanursing/oralhealthinpractice>



Essential Oral Health Services Provided During a Well Child Visit

1. Caries risk assessment
2. Knee-to-knee clinical exam
3. Fluoride varnish application
4. Education/anticipatory guidance
5. Establishing a dental home

Steps to Applying Fluoride Varnish

Supplemental Companion Video Handout for Providers

Materials Needed

- Gloves
- Fluoride varnish and applicator (Figure 1)
- 2x2 gauze squares
- Disposable tongue blade or mouth mirror (optional)

Application Steps

6. Obtain the materials
7. Inform caregiver of the procedure and obtain consent
8. Reassure caregiver that any discoloration from varnish is temporary
9. Position child in “knee-to-knee” position (Figure 2)
10. Prepare the fluoride varnish
 - Be sure to mix to assure consistent fluoride levels during application
11. Dry the teeth before fluoride varnish is applied with 2x2 gauze
12. Apply a thin layer of varnish to surfaces of teeth (Figure 3)
 - Yellowish tint may appear
13. No eating or drinking for 30 minutes after fluoride varnish procedure

Post-Varnish Application Instructions

- Do not brush or floss for at least 4-6 hours after application
- Avoid hot beverages
- Avoid hard or crunchy foods

Importance of a Dental Home

- Children are recommended to go to the dentist within 6 months of getting their first tooth and no later than their first birthday.
- HDS Medicaid/CCMC can help find a QUEST dentist. Parent should be advised to call 808-792-1070 for assistance.



Figure 1: Single dose fluoride varnish product



Figure 2: Knee-to-knee position



Figure 3: Varnish application

Early Childhood Caries

Normal and Abnormal Findings During Your Oral Examination



Normal Baby Teeth



**Chalky White Spots Around the Gum Line
Signs of Early Decay**



**Brown Spots
Signs of Moderate Decay**



**Blackened and Missing Teeth
Signs of Severe Caries**

Template: Fluoride Varnish Progress Note

Use this template and create a smart phrase in EMR to ease in charting

Name of Patient: _____

DOB: _____

Oral Examination

Caries or enamel defects not present

Plaque does not present on teeth

Caries Risk Assessment

No Caries Risk

Moderate to High Risk for Caries *(See section below)

Consent obtained

Procedure Documentation

Child was positioned for varnish application. Teeth were dried. Varnish was applied. Child tolerated procedure well with no complications.

Procedure could not be completed due to child non-cooperation.

Post-Procedure Documentation

Fluoride varnish handout provided? Yes / No

Caries prevention handout provided? Yes / No

Child has dentist? Yes / No If no dentist, dental referral made? Yes / No

Name, Title, Signature of Varnish Provider

Date / Time

*** Risk Factors:** *Children with at least one of the below risk factors should be considered at moderate caries risk. The presence of multiple factors places the child at high caries risk.*

Social and Medical History Factors

Lower socioeconomic status (on Medicaid)

Born prematurely

Special Health Care Needs

Limited access to dental care

Family members with cavities

Preventive Behaviors

Brushing < 2 x daily

No fluoride in water or supplements

Dental Findings

Congenital tooth defect

Plaque on teeth

Caries present

Diet Issues

Drinks juice or sugary drinks between meals

Eats sugary snacks between meals

Sleeps with bottle or at breast