

## PREGNANT PATIENT CASE STUDY #2

### Smiles for Life

Smilesforlifeoralhealth.org

Louella is a 34 year old G3P2 patient who recently found out she is pregnant. She presents today for her first prenatal visit at 6 weeks gestation. She has moderate morning sickness. As part of your review of systems you inquire about her mouth and teeth. She has had many cavities in the past, but currently feels everything is OK. Her last dental visit was 8 months ago. Your exam shows she has several existing restorations but no untreated cavities. She has mild, generalized gingivitis (see photo).



#### What advice should you give Louella about dental care?

- A. Brush and floss twice daily and see a dentist after delivery.
- B. Make an appointment to see the dentist as soon as possible.
- C. Wait until after the first trimester to schedule a dental visit.
- D. Recommend starting systemic fluoride supplements given her past caries history, and advise her about twice daily brushing and flossing.

Louella calls the office two weeks later. Her morning sickness is considerably worse. She has been vomiting many times a day since she last saw you. She is also complaining of sensitivity with several of her teeth. She wants to know what to do for her teeth while she is waiting to see the dentist next week.

#### Which of the following is good advice for Louella regarding her morning sickness?

- A. Louella should rinse her mouth after each vomiting episode with baking soda and water.
- B. Alcohol rinses may help improve any tooth sensitivity that may develop if vomiting is severe enough to cause tooth erosion.
- C. Louella should brush her teeth vigorously after each vomiting episode to remove stomach acid from her teeth.

Louella does go to see the dentist and you receive a follow-up phone call. Louella has a dental cavity. The dentist asks if it is safe to perform an x-ray. He is concerned that radiation might cause fetal anomalies. Further, if he finds a cavity he is unsure if it is safe to use lidocaine and amalgam restorations during pregnancy.

#### Which of the following is good advice for Louella regarding her morning sickness?

- A. A dental x-ray utilizing standard lead apron shielding is safe during pregnancy.

- B. Lidocaine should be avoided during pregnancy because it crosses the placental barrier.
- C. Amalgam is not safe during pregnancy but extracting the tooth would be a reasonable alternative.
- D. It would be best to provide the patient with acetaminophen and simply observe the painful tooth if there is no sign of overt infection on oral examination.

## CASE STUDY DISCUSSION

Using the 4 IPEC Competencies (2011) related to:

1. Working with individuals of other professions to maintain a climate of mutual respect (Values/Ethics),
2. Using the knowledge of one's own role and those of other professions to appropriately assess and address the healthcare needs of the patients and populations served (Roles/Responsibilities)
3. Communicating with patients, families, communities, and other health professionals in a responsive and responsible manner that supports a team approach to the maintenance of health and the treatment of disease (Interprofessional Communication), and
4. Applying relationship-building values and principles of team dynamics to perform effectively in different team roles to plan and deliver patient/population-centered care that is timely, efficient, effective, and equitable (Teams and Teamwork)

**Please collaborate as a team to develop a management plan for the above patient.**

- Oral-Systemic Risk Assessment
  - Identify the oral-systemic assessment findings (Hx and PE HEENOT)
  - What does the history and physical tell us about this patient?
  - What additional data do you need to collect (eg. labs, diet and exercise, etc)
  - Identify oral-systemic risk factors
- Differential Diagnosis (es)
  - Identify the tentative diagnoses for the oral health problems
  - Identify the tentative diagnoses for the systemic health problems
  - Discuss the important oral-systemic connections
- Develop a management plan for the oral-systemic conditions affecting this patient, including:
  - Preventive Interventions that include: screening and behavior change counseling that are fundamental to patient centered care
    - Anticipatory guidance
    - Oral health maintenance
    - Collaboration and referral

## Questions to Guide Your Interprofessional Collaboration

- Roles and Responsibilities
  - What is the scope of the role and responsibilities of each of the providers on your team today?

- Collaboration  
How can the Nurse Practitioner, Dentist and Physician collaborate to promote this patient's health?
- Team Building & Communication
  - What do you think are the most effective strategies to help a Nurse Practitioner, Physician, and Dentist function as a community-based primary care team in a primary care medical home (PCMH)?
  - What are the most effective ways for the IP team to communicate?
- Referrals  
What providers does this patient need to see? When? How often?