



Whittington Health
NHS Trust



Sally McGregor
Oral Health Promoter - Hillingdon

Oral Health Education Information Session





Aims/Objectives of this training session

- **To provide information on the importance of establishing and maintaining an effective oral hygiene routine as soon as the first tooth erupts, by tooth brushing and using a fluoride tooth paste**
- **To discuss how sugar effects the mouth**
- **To discuss moving on from ‘Bottle to Cup’**
- **To sign post to NHS dental services**

Our Vision

“To contribute to a generation that is free from dental disease with improved quality of life linked to oral health”





Hillingdon – Public Health England Report

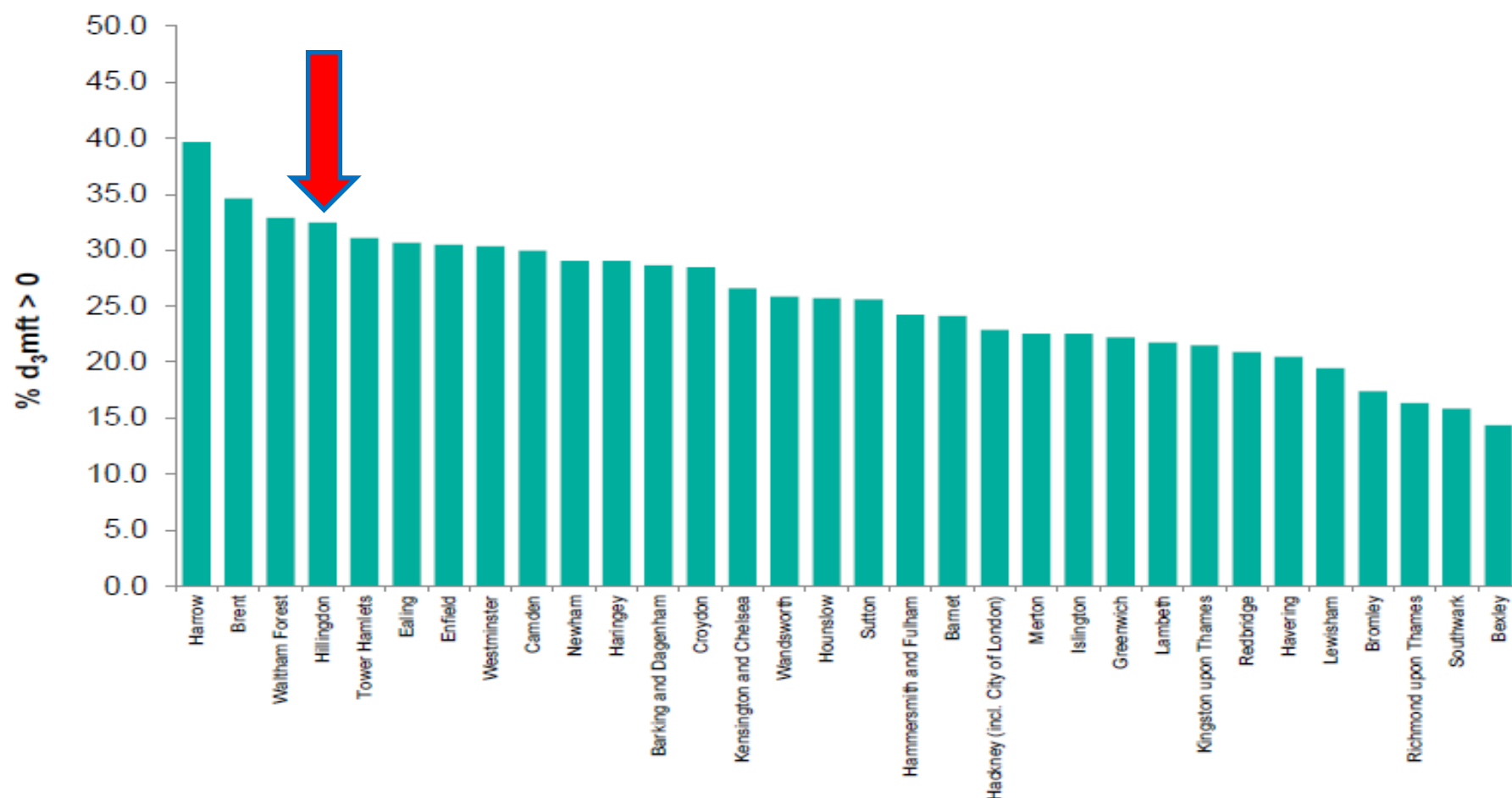
PHE – National Dental Epidemiology Programme for England: Oral health survey of five-year-old children 2017

A report on the prevalence and severity of dental decay found that Hillingdon:

- 32.5% of 5 year old children had decay/missing/filled teeth
- Higher than the London average which was 25.7%
- Higher than the England average which was 23.3%



Figure 7. Variation in the percentage of five-year-old children with decay experience ($d_3mft > 0$) in London lower-tier local authority areas, 2017.



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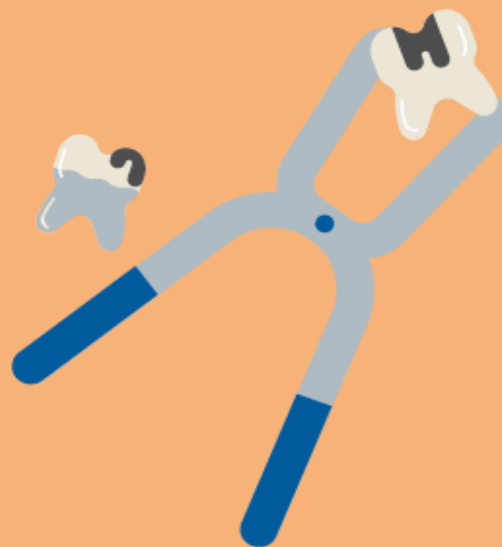
Public Health England

Healthmatters The burden of tooth decay on the NHS

The average cost of a
tooth extraction
in hospital for a child aged
5 and under is

£836**£50.5m**

was spent on tooth
extractions among
those under the age of
19 in 2015 to 2016

**£7.8m**

was spent on
tooth extractions
among the
under 5s



**NHS****Whittington Health**
NHS Trust**Viv Bennett**

@VivJBennett

Follow



Powerful & shocking image from [@NHS / @NHS](#) [#AllOurHealth](#) has child oral health topic bit.ly/2ailHEY We can all help prevent

**@NHS / Claire**  **@NHS**

This jar contains the teeth I extracted during one afternoon in theatre, including 16 from a two year old child.

1:45 am - 11 Oct 2017

13 Retweets 4 Likes



1



13



4



Prevention is the Key



Poor oral Health affects children's ability to sleep, eat, speak, play and socialise with other children.

Tooth decay can be prevented by practicing:

- ✓ An effective oral hygiene routine
- ✓ A well balanced diet, keeping sugary food and drink to a minimum, and only at mealtimes
- ✓ Regular visits to the Dentist



Tooth brushing tips

- Brush teeth as soon as they appear in the mouth
- Brush twice a day, last thing at night is the most important time
- Encourage to spit tooth paste out, but don't rinse
- Supervise tooth brushing at least until the age of 7 years

Tooth paste advice

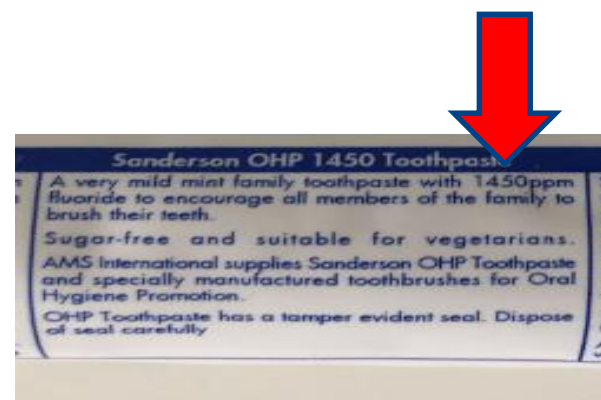
A smear of tooth paste for under 3 years, using tooth paste containing 1,000ppm Fluoride

A pea size amount of tooth paste for 3-6 years, using tooth paste containing more than 1,000ppm Fluoride

For maximum caries prevention use a toothpaste between 1,350ppm – 1,500 ppm Fluoride

Always keep tooth paste out of reach to children

To find how much fluoride your tooth paste contains, look in the ingredients part of your tooth paste tube.



Tooth brushing

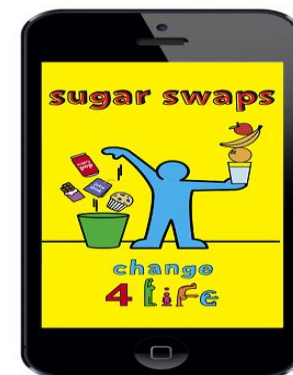
1. Use correct amount of toothpaste for age of child.
2. A smear for under 3 years, a pea size for over 3 years.
3. Ensure the bristles of your brush point towards the edge of your gums and also cover your teeth. Gently brush the edges that face outwards of 2 or 3 teeth at a time.
4. Move your brush in backwards and forward or circular motion.
5. Gently brush the edges facing inwards. Again brush 2 or 3 teeth at a time touching the gum. Brush the insides of your bottom and front teeth by tilting the brush upwards or downwards.
6. Gently brush the biting surface of your teeth.
Spit out any remaining toothpaste to finish and do not rinse with water.



Diet and sugar advice



- Advise to limit daily sugar intake
- Advise to keep all sugary food and drink to mealtimes only
- Advise water to drink especially in between meals
- Watch out for hidden sugars especially in snack foods as they have the potential to decay teeth



Food and drinks that have the potential to cause tooth



Sugar

Soft drinks with sugar

Chocolate

Biscuits & cakes

Pastries, buns fruit pies

Sponge cake/sponge puddings

Cereals (snacking during the day)

Honey & syrup

Jam & preserves

Ice-creams

Sorbets

Fresh fruit juice

Milkshakes

Dried fruits



Moving on from ‘Bottle to Cup’

Baby feeding bottles

Extended and inappropriate use of a baby bottle – Long term problems

- Early childhood caries
- Refusing food
- Iron deficiency anaemia
- Failure to thrive
- Speech problems

From one year baby bottle's should be discontinued



Moving on from 'Bottle to Cup'

Free flowing or open cup:

- Introduce at 6 months
- Water is the best drink to put in the cup
- From one year milk can be put in the cup
- Promotes speech development

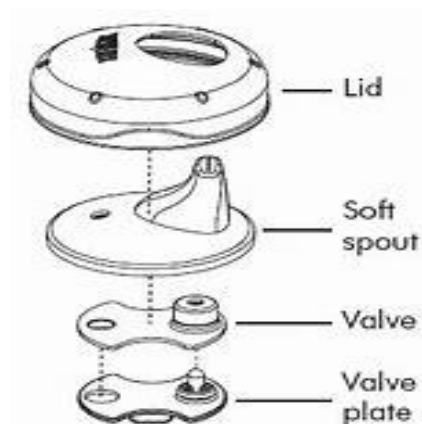


Valve cups



Not recommended

Can lead to speech delay
and tooth decay!!



Dummies

- Issues with Jaw formation
- Speech delay and eating difficulties
- Appearance of teeth
- Alignment of teeth





Eruption dates for deciduous teeth

- | | | |
|-------------------|---|--------------|
| • Central incisor | A | 8-10 months |
| • Lateral incisor | B | 11-13 months |
| • Canine | C | 19-20 months |
| • First molar | D | 16 months |
| • Second molar | E | 27-29 months |

Above dates are approximate only

(Levison's Textbook for Dental Nurses – 10th edition)



Eruption dates for Permanent teeth

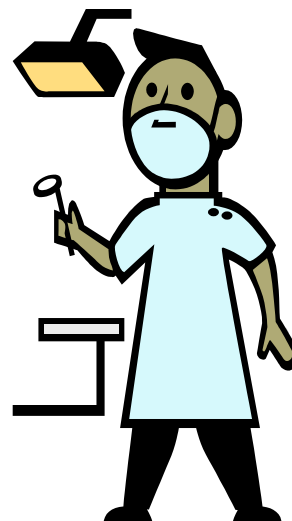
Central incisor	1	6-8 years
Lateral incisor	2	7-9 years
Canine	3	9-12 years
First premolar	4	9-11 years
Second premolar	5	9-11 years
First molar	6	6-7 years
Second molar	7	11-13 years
Third molar	8	18-25 years

Above dates are approximate only

(Levison's Textbook for Dental Nurses – 10th edition)

When should I take a child to see a Dentist?

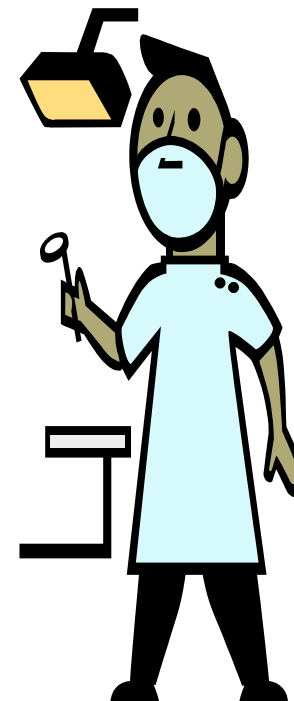
- Take your child to the Dentist by their first birthday
- NHS dental treatment is free for children under 18 years old and those under 19 years old still receiving full-time education





Finding a Dentist

- For help finding an NHS Dentist in Hillingdon visit the website <https://www.nhs.uk/Service-Search/find-a-dentist> and type in your postcode.
- Or call NHS 111





Useful Links

Tooth brushing videos with Dr Ranj

https://m.youtube.com/playlist?list=PLMnuvkfMtA-wYAKuI1XOZXpfRP_J96N

Delivering better oral health: an evidence-based toolkit for prevention 3rd edition. PHE, NHS & DOH

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/605266/Delivering_better_oral_health.pdf

Change for Life

www.nhs.uk/change4life

Looking after your babies teeth – NHS Choices

<https://www.nhs.uk/conditions/pregnancy-and-baby/looking-after-your-infants-teeth/>



Contact details

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Thank you

