

New York City College of Technology

City University of New York

Dental Hygiene Student Field Project

Florence E Smith Senior Services

Jhanu Balkarran

George Murphy

Carlos Pareja

Akbar Sayeed

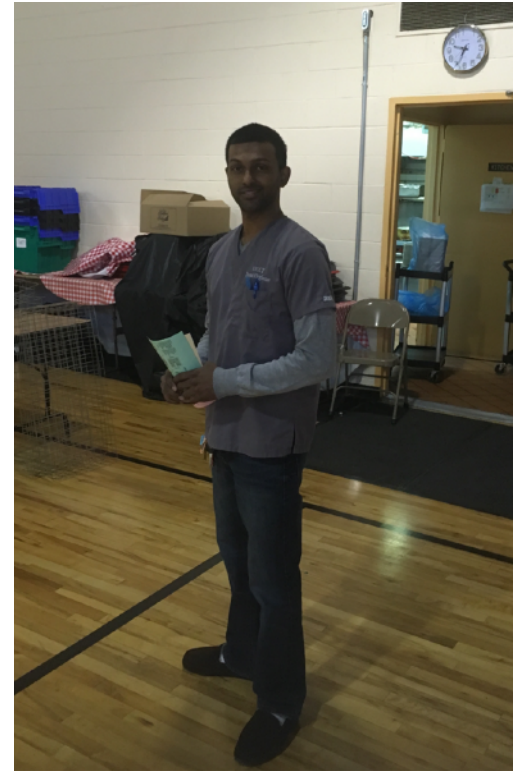
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Prof. Ana Lam

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Introduction

As we age, we try to maintain our overall health for the near future. Everyone is unique in their own way with their body functionality. For some, the body functions may start to decrease and may not be at the optimal level where it once use to be. For others, it can be a challenge maintaining a healthy body. The oral cavity is crucial to human beings and it plays an import roles just like other parts in the body. If it is not maintained properly, it will develop periodontal issues and further more complications. Achieving a healthy oral cavity can decrease other conditions that can be related to the mouth. As part of our Dental Hygiene Public health course at City Tech College, we had to create a group and selected a site to teach proper oral care/maintenances.



Understanding our topic and increasing our knowledge about geriatric population, we used research articles as a guide and aide to have a better understanding. We wanted to increase their dental IQ with our professional judgments and guidance. Our team selected Florence E. Smith Senior Services which is a senior care center in Queens NYC. Our goal for that center was to teach the senior citizens proper oral care of their teeth/partial/full dentures, and or implants.

Assessments

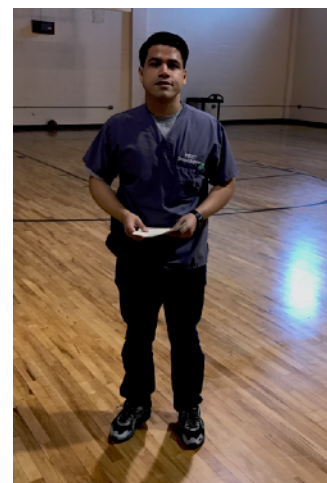
The center we attended, we introduced over self to the audiences and began with an ice breaker, then we projected our goal. Doing so allows us to have an idea of the participant's dental interests. We then distributed self-assessment questioners' surveys to ask the audiences. Once we

gathered the survey, we got an idea of the crowd that's willing to hear us out and improve their dental IQ . Our approach was a Tell-Show-Do presentation approach.

Planning

Planning for this project was based on Research oral health topics which are important for individuals over age 60 years. This group was chosen for the fact that now in the United States, there is a growing number of citizens whom are aging into these 60+ age group. And as a healthcare professional, this means that a majority of patients will be in this age group.

Main priority was to provide basic oral home care instructions, and to spark an interest into oral health. Before presentation or any one to one contact with the audience, a questionnaire was provided to gain further insight to this specific population/members in this particular facility to provide better educational outcome. The presentation was first to get the audience attention, and to bring any topics that would interest the viewers, specifically, dry mouth, gum disease, oral cancer, removable appliance care and tooth brushing techniques. After the presentation, team divided into groups and went table to table going over topics and to provide any guidance for any questions that may arise. The main measurable objective was to actually see attendees to actually try to brush in a modified bass brushing technique on the typodonts, while adding the 5 second rule. The 5 second rule was used as a motivator and a medium to improve the brushing time per tooth, hence 5 second rule, 5 seconds per tooth surface. This measurable objective was achieved.



Implementation

Throughout our presentation in the recreational center, we faced challenges such as how to better approach the elderly population in order to get their interest. As a group, we decided to inform and educate our target population about the purpose of the presentation. During the brief introduction, we explained the proper way of brushing the teeth and demonstrated them on how to maintain their complete and/or partial dentures clean. It was important to show them how to clean their dentures as well, because most older individuals "...65 and up have no natural teeth" (Corrado, 1990).

Some of the materials used to complete our demonstration were typodonts, toothbrushes, partial and complete denture samples. These materials were essential to succeed in our presentation because the elders were able to visualize each procedure and ask any question or concern they might have had.



According to Corrado (1990) most of individuals who wears dentures clean their dentures poorly. From this, plaques can develop and cause denture diseases and/or problems. It could lead to develop "...halitosis, predisposing to denture stomatitis...periodontal disease and dental caries" (Corrado, 1990). For this reason, we took time demonstrating how to effectively clean their teeth and their removable appliances by implementing the 5 second rule to the modified bass brushing technique which increases brush time of their brushing routine.

After the demonstration, we divided into sets of two to answer questions. Then, each of us demonstrated the basic method of brushing technique for each individual. During this time, we gathered some information about the participant's dental background in order to assess them accordingly. A pre-questionnaire was handed to each person to help us get a better understanding of their dental knowledge and habits. Knowing their dental history allow us to have a better sense of the need of each individual. Lastly, we prepared pamphlets filled with informative facts and informed them about the service and fees we provide in the dental clinic within the school. To assure to meet their needs, the pamphlets were distributed in three languages; Spanish, Cantonese and English.

Evaluation

When it came to understanding on the current dental knowledge of our participants, the questionnaire we presented to the audience put in to perspective of how well informed the community was on proper dental care. The questionnaire consisted with 8 rudimentary type questions. Our group went individually in the community center seating area and sat down with with the attendees discussing these questions and oral health topics that may arise.



The primary question we all emphasized was when was the last time they went to a dental professional. Of the 27 participants 15/27 saw a dentist in 6 months 56.6% ,8/27 saw the dentist couple of year ago, 29.6%, and 4/27 saw dentist over 2 years ago, 14.8%. Our group was pleased to know that over 50 % of the population was able to go to the dentist on their Recall visits. The

main question however was what form of cleaning were they getting during these re care visits. Many of the participants were not getting a deep full mouth debridement and thus complained about bleeding while brushing and bad breath. During these moments we made sure to recommend to see a dentist or to visit New York City College of Technology Dental Hygiene department for a thorough exam and patient education.

Another significant correlation we made was regarding individuals that have not gone to a dentist for more than 2 years and how they do not floss. Our main focus was on individuals that may have full or partial dentures. The statistics showed us that 10 of the 27 clean their dentures on regular basis. The answers to these questions really helped us narrow in the primary concern of our audience.

Conclusion

Our group had a great experience going to such a welcoming diverse community. We feel that we really had a positive influence on this community and were able to answer a great amount of questions regarding oral hygiene and the importance of maintenance of the oral cavity. It is amazing to see how our group of dental hygiene students have learned such a wealth of knowledge and are able to converse with different audiences from different backgrounds in such precise and accurate manners on dental topics. This experience really opened our eyes to see the general public and their characteristics when away from the educational setting; It was a great eye opener.



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