Before you go.....

**Why Prevention**
- Some stats:
  - 1 in 2 12 year olds have decayed permanent teeth\(^1\)
  - 3 in 10 adults have untreated tooth decay\(^1\)
  - 1 in 7 people over 15 had a toothache in the last year\(^1\)
  - 1 in 4 adult men suffer from periodontal disease\(^1\)
  - 1 in 4 adults didn’t finish their recommended dental treatment due to cost.\(^1\)

**Motivational Interviewing**
- The motivational interviewing technique applied to oral hygiene instruction has been shown to be effective.
- Characteristics of this technique are that it is:
  - Brief
  - Non-confrontational
  - Accept current behaviour
  - Move towards optimal behaviour incrementally\(^5\)

**Food for thought**
- “Dental professionals should give prevention the same status as clinical care, so that it is well planned and carefully evaluated.”\(^2\)

- “Current oral hygiene measures, appropriately used and in conjunction with regular professional care, are capable of virtually preventing caries and most periodontal disease and maintaining oral health.”\(^3\)

**Oral Hygiene is increased by....**
- Reinforcement of the oral hygiene message
- Goal setting with the patient
- Seeking and acting on patient feedback\(^4\)

**Behaviour Change**
- Behaviour change occurs when a patient is motivated to change. As a practitioner you can motivate patients with:
  - Relevant message
  - From a reliable source (i.e. you)
  - Command their attention (this is just as important as their clinical management)
  - Be positive
  - Reinforce & reward\(^3\)

Reinforcement is essential for behaviour change.

Therefore oral hygiene should be reinforced to every patient at every appointment.

**References**

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