

# Before you go.....

## Why Prevention

- Some stats:
  - ♦ 1 in 2 12 year olds have decayed permanent teeth<sup>1</sup>
  - ♦ 3 in 10 adults have untreated tooth decay<sup>1</sup>
  - ♦ 1 in 7 people over 15 had a toothache in the last year<sup>1</sup>
  - ♦ 1 in 4 adult men suffer from periodontal disease<sup>1</sup>
  - ♦ 1 in 4 adults didn't finish their recommended dental treatment due to cost.<sup>1</sup>

## Food for thought

"Dental professionals should give prevention the same status as clinical care, so that it is well planned and carefully evaluated."<sup>2</sup>

"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."<sup>3</sup>

## Oral Hygiene is increased by....

- Reinforcement of the oral hygiene message
- Goal setting with the patient
- Seeking and acting on patient feedback<sup>4</sup>

## Motivational Interviewing

The motivational interviewing technique applied to oral hygiene instruction has been shown to be effective

Characteristics of this techniques are that it is:

- Brief
- Non confrontational
- Accept current behaviour
- Move towards optimal behaviour incrementally<sup>5</sup>

## 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<sup>3</sup>

Reinforcement is essential for behaviour change.

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

## References

1. <http://www.aihw.gov.au/dental-and-oral-health/>
2. Blinkhorn (1993) Int Dent J
3. Choo et al (2001) ADJ
4. Renz (2008) Cochrane Library
5. Sgan-Coen (2008) BMC Oral Health



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