

Course Resource: Emerging Trends in the Link Between Oral & Systemic Health

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Disclosures:

Water Pik, Inc

- Designed and developed this course
- Manufactures and distributes products addressed in this course
- Provided an educational grant to support this course

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- Is employed by Water Pik, Inc., a subsidiary of Church & Dwight, Inc. as the Director of Professional Relations & Education
- Serves on the board of the *RDH Magazine*, *Access*, and the corporate council for *Dimensions of Dental Hygiene*
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1. What is a systematic review?
 2. What is the difference between an association and causality?
 3. Evidence on the link between periodontitis and cardiovascular disease
 4. Evidence on the link between periodontitis and adverse pregnancy outcomes
 5. Diabetes and oral health
 6. Oral health and the risk for cancer
 7. Periodontal disease and Alzheimer's

8. Scaling and rootplaning clinical guidelines/gingivitis code

9. New AAP Periodontal Classification system

10. Risk factors management – tobacco, diabetes, biofilm/skilled inquiry

SKILLED INQUIRY: MEDICAL HISTORY

- Tell me more about your.....
- What does your doctor say about your
- Is there any medication that you are supposed to take but don't or don't take in the full dosage?
- Many medications can impact your mouth by causing more bleeding or affecting the anesthetic that you may need, so is there anything you take that perhaps you didn't list?
- I know it can be awkward or embarrassing to disclose some of your personal medical information in a dental office, and we don't want to make you uncomfortable, but many conditions, like hepatitis C or recreational drug use can impact your care and/or your oral health, so it is important for us to know everything.
- Do you take any type of herbals or supplements like (fish oil, Vitamin D, etc.)?
- Do you take any over-the-counter medication like (Tylenol, a low-dose aspirin, etc.)?
- Since we last saw you, how would you rate your overall health and why?
- Anything else? What else? What would like me to know?

SKILLED INQUIRY: ASSESSING PERIODONTAL RISK AND ORAL CANCER RISK

Do or have you ever used tobacco products (cigarettes, cigars, pipes, spit tobacco)?

- If yes, are you a current user? How much per day?
- Do you use more than one product?
- If no, did you ever use tobacco products?
- How much did you use?
- When did you quit? **Do you smoke any other products?**
- Marijuana – medical or recreational
- Herbal/Bidi/Clove or flavored cigarettes
- E-cigarettes/vaping **Are you or your children exposed to 2nd hand smoke?**

- If yes, how frequently (per day or week) **Have you ever made any attempts to quit?**
- If yes, when was your most recent attempt?
- What has been your biggest challenge with quitting?
- Will you make another attempt to quit?

SKILLED INQUIRY: ASSESSING DIABETES RISK

Have you ever been tested or told that you have diabetes?

- If no, and patient has frequent oral abscesses and/or a delayed/lack of healing from SRP, referral to a physician may be warranted.
- If yes, which type of diabetes do you have?
- How long have you been diagnosed?
- If you have type 2, how long do you think you went undiagnosed.

Have you ever been told you have prediabetes (insulin-resistance or glucose intolerance)?

- If yes, when were you diagnosed?
- Have you been retested?
- What steps have been taken to treat your condition? **How would you assess your diabetes management?**
- Do you use a glucometer? How often? Readings?
- What is your A1C? When was that test last conducted?
- Can we contact your physician to get a copy of the test results **What type of medication do you take?**
- Oral meds or insulin?
- If insulin, do you use injections or a pump?
- Do your medications make your mouth feel dry?

RESOURCES:

New Periodontal Classification System: <https://onlinelibrary.wiley.com/toc/19433670/2018/89/S1>

Dealing with Change:

- Books on change by Chip and Dan Heath; www.heathbrothers.com
 - *Decisive*
 - *Switch: How to change things when change is hard*
 - *Made to Stick*
- Book on Motivational interviewing/coaching with dental patients
 - *Health Behavior Change in the Dental Practice*, Ramseier & Suvan, 2010

Confidence & Empowerment

- The Confidence Code by Claire Shipment & Katty Kay: <http://theconfidencecode.com/>
- Lean In by Sheryl Sandberg; <https://leanin.org/>
- Presence by Amy Cuddy; www.amazon.com Ted Talks: https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are

Evidenced Based Practice/Systematic Review:

- The Cochrane Library: <http://www.cochranelibrary.com/>
- American Dental Association Center for Evidence-Based Dentistry <http://ebd.ada.org/en>
- Corporate research: <https://www.nytimes.com/roomfordebate/2016/09/20/the-cost-of-corporate-funded-research/the-quality-of-medical-research-not-its-source-of-funding-is-what-matters>
- Good Clinical Practice Guidelines: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3097692/>
- Institutional Review Board/IRB: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3097692/>

Practice Guidelines:

- **Standards for Clinical Dental Hygiene Practice**, <http://www.adha.org/practice>
- **Clinical Practice Guideline: Nonsurgical Treatment of Periodontal Disease:** <http://ebd.ada.org/en/evidence/guidelines/nonsurgical-treatment-of-chronic-periodontitis>
- **Cochrane Library:** Supportive periodontal therapy for maintaining the dentition in adults treated for periodontitis: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD009376.pub2/full>
- **Clinical Practice Guideline: Evaluation of Potentially Malignant Disorders of in the Oral Cavity:** <http://ebd.ada.org/en/evidence/guidelines/oral-cancer?source=promospots&content=OralCancerGuidelines&medium=ADANews&campaign=B est>
- **Clinical Practice Guideline:** Professional-applied and prescription strength, home-use topical fluoride agents for caries prevention: <http://ebd.ada.org/en/evidence/guidelines/topical-fluoride>
- **Clinical Practice Guideline: Fluoride toothpaste in young children for caries prevention** <http://ebd.ada.org/en/evidence/guidelines/fluoride-toothpaste-for-young-children>
- **FDA/ADA Dental radiographic examinations:** recommends for patient selection and limiting radiation exposure: http://www.ada.org/~media/ADA/Publications/ADA%20News/Files/Dental_Radiographic_Examinations_2012.pdf?la=en
- **A guide to reporting CDT 4346:** http://www.ada.org/~media/ADA/Publications/Files/D4346EducationGuidelines_Final2016May17.pdf?la=en
- **Clinical Practice Guidelines for the recall and maintenance of patients with tooth-borne and implant borne dental restorations:** [http://jada.ada.org/article/S0002-8177\(15\)01154-X/pdf](http://jada.ada.org/article/S0002-8177(15)01154-X/pdf)
- **Prevention of Infective Endocarditis:** <http://circ.ahajournals.org/content/early/2007/04/19/CIRCULATIONAHA.106.183095>
- **Appropriate Use Criteria for the management of patients with orthopaedic implants undergoing dental procedures:** [file:///C:/Users/cjahn/Downloads/PDUP%20AUC%20Hardcopy_10.31.16%20\(3\).pdf](file:///C:/Users/cjahn/Downloads/PDUP%20AUC%20Hardcopy_10.31.16%20(3).pdf)
- **CAMBRA:** caries management by risk assessment: <https://dentistry.ucsf.edu/research/cambra>
- **Evidence-based clinical practice guideline for the use of pit and fissure sealants:** <http://ebd.ada.org/en/evidence/guidelines/pit-and-fissure-sealants>
- **Cochrane:** Can xylitol used in products like sweets, candy, chewing gum and toothpaste help prevent tooth decay in children and adults: http://www.cochrane.org/CD010743/ORAL_can-xylitol-used-in-products-like-sweets-candy-chewing-gum-and-toothpaste-help-prevent-tooth-decay-in-children-and-adults

Tobacco Information:

- Smoking facts: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm

- E-cigarettes: A report of the US Surgeon General: https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Exec_Summ_508.pdf
- Smoking cessation: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm

Diabetes

- American Diabetes Association: www.diabetes.org
- National Diabetes Statistics Report, 2017: <https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>
- Cochrane Library: Treatment of periodontal disease for glycaemic control in people with diabetes mellitus: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD004714.pub3/full>

Self-care

- Cochrane Library: Report on flossing for the management of periodontal disease and dental caries in adults
 - http://www.cochrane.org/CD008829/ORAL_flossing-to-reduce-gum-disease-and-tooth-decay
- Cochrane Library: Interdental brushing for the prevention and control of periodontal diseases and dental caries in adults: <http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD004714.pub3/full>
- **ADA Seal of Acceptance:** <http://www.ada.org/en/science-research/ada-seal-of-acceptance>

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- Professional products (prophy angles, paste, fluoride varnish): <https://www.waterpik.com/oral-health/pro/dental-supplies/>

