

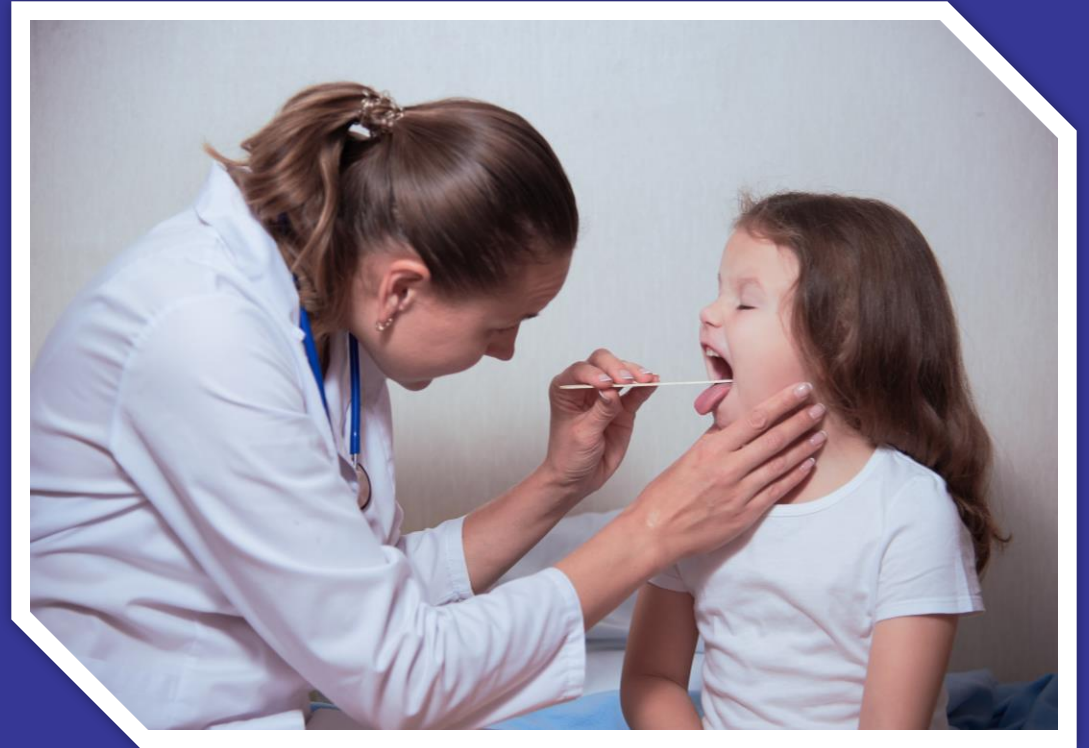


# Children's Basic Oral Health Screening:

Developed and Designed by McMillen Health

# Purpose of Training

- Need for additional oral health education for school nurses and non-dental professionals
- Provide school nurses and non-dental professionals with the information needed to perform basic oral health screenings for school aged children
- Identify signs of tooth decay that may require the attention of a dentist



# Training Overview

- **Module One:** Definitions
- **Module Two:** Children's Basic Oral Health Screening
  - How to perform
  - What to look for
  - Why to perform



# Training Overview Continued

- **Module Three:**
  - How fluoride can help
- **Module Four:** Resources





# **Module One:** Definitions

# Children's Basic Oral Health Screening

- A basic exam:
  - To check the teeth and surrounding tissue of the mouth for signs of tooth decay
  - Quick, about 1-2 minutes per child
  - Identifies changes that indicate the start of decay



# Children's Basic Oral Health Screening

- Practiced by school nurses and non-dental professionals
- Helps to identify children who may not have access to dental care or those who need dental care
- Encourages caregivers to take positive action
- Does not take the place of an oral health exam by a dental professional



# Oral Health

- The state of a person's
  - Teeth
  - Gums
  - Tongue
  - Structures in the mouth
- Also called dental health
- Important to overall health



# Dental Caries

- Another name for tooth decay or cavities
- Happens when the hard outer layer of teeth is worn away over time from
  - Cavity-causing bacteria
  - Leftover food particles
  - Acids from food and drinks



# Cavity

- A small hole that forms in the outer layer of teeth due to cavity-causing bacteria
- An example of tooth decay



# Gums and Gum Line

- The **gum line** is the area in the mouth where the teeth meet the gums
- The **gums** are tissues that surround the base of teeth



# Plaque

- A sticky, fuzzy coating of bacteria that continually forms in the mouth and sticks to the teeth
- Feeds on the sugars in foods and drinks
- Can affect gum health and harden to form tartar



# Primary and Permanent Teeth

- **Primary teeth** are the first set of teeth that children have
  - Also called baby teeth
  - Loosen and fall out to make space for permanent teeth
- **Permanent teeth or adult teeth**, are the second set of teeth that grow in to replace primary teeth after they are lost



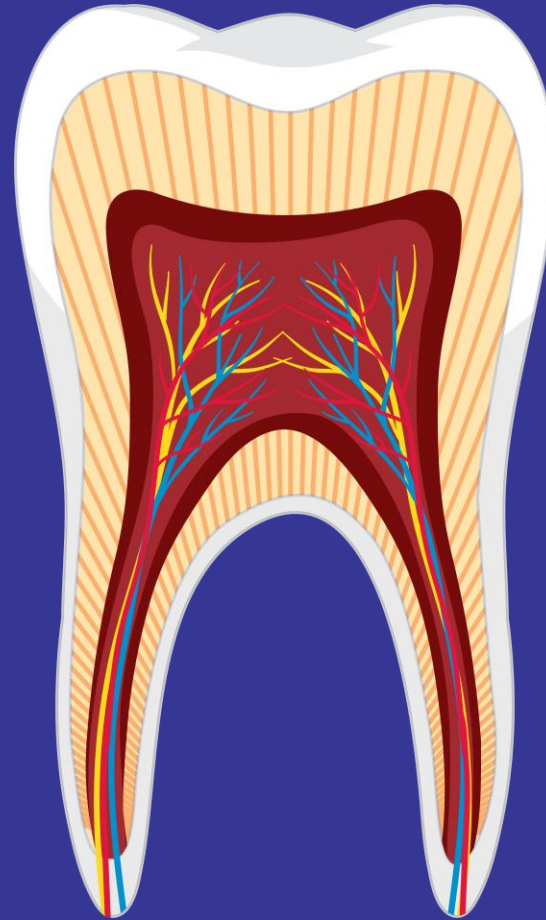
# Mixed Dentition

- A combination of some primary and some permanent teeth in their mouth at the same time



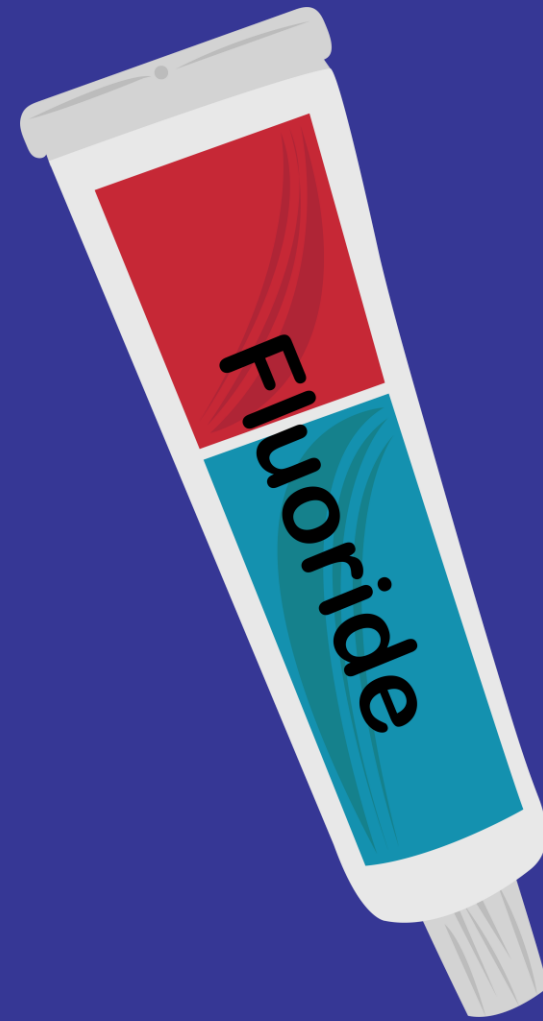
# Enamel

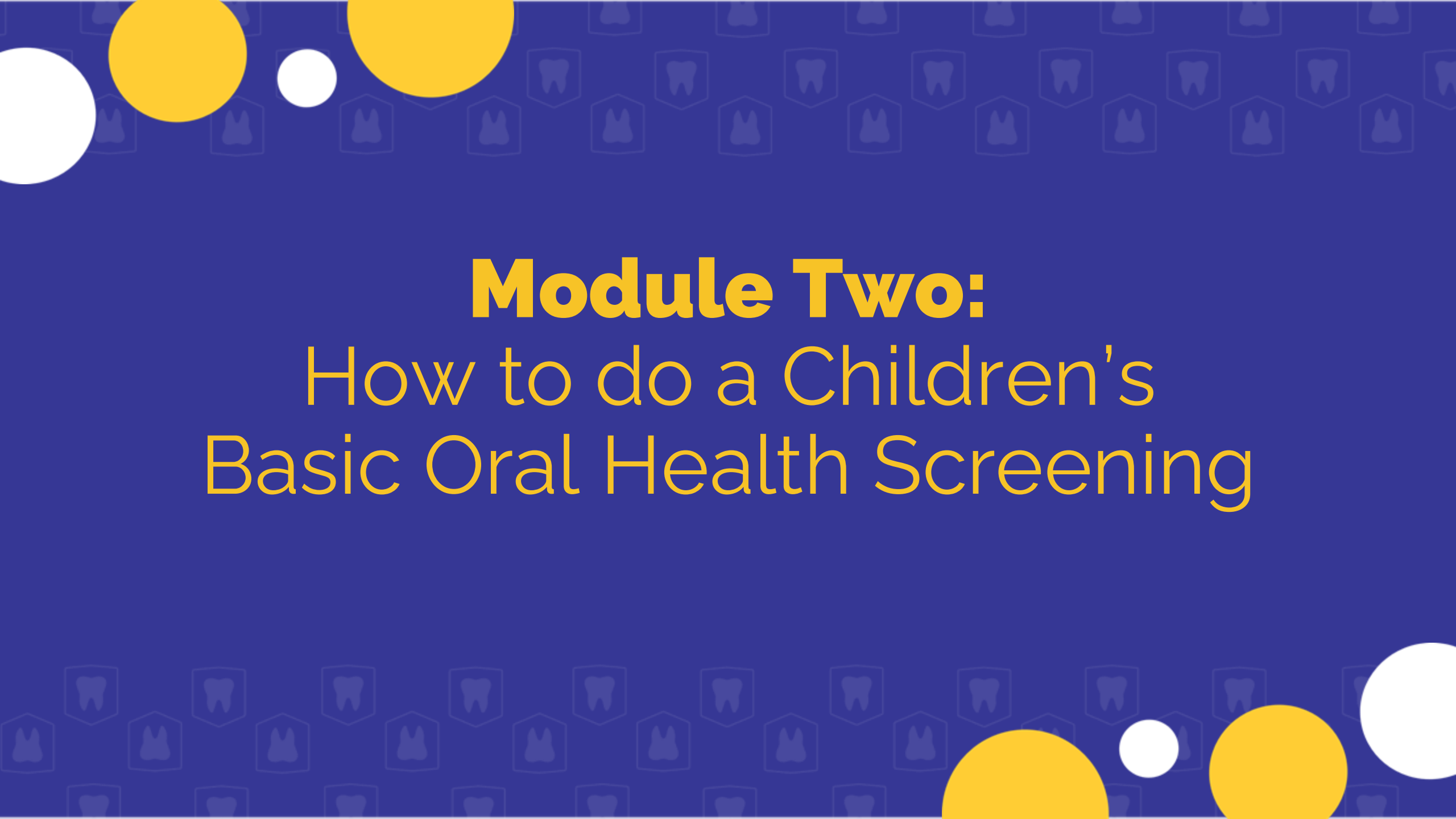
- Outside layer of each tooth
- Where tooth decay begins
- Hardest substance in the human body



# Fluoride

- A natural mineral from the Earth added to toothpaste to promote oral health
- Strengthens enamel and protects teeth against decay





# **Module Two:** How to do a Children's Basic Oral Health Screening

# How to Conduct a Basic Oral Health Screening

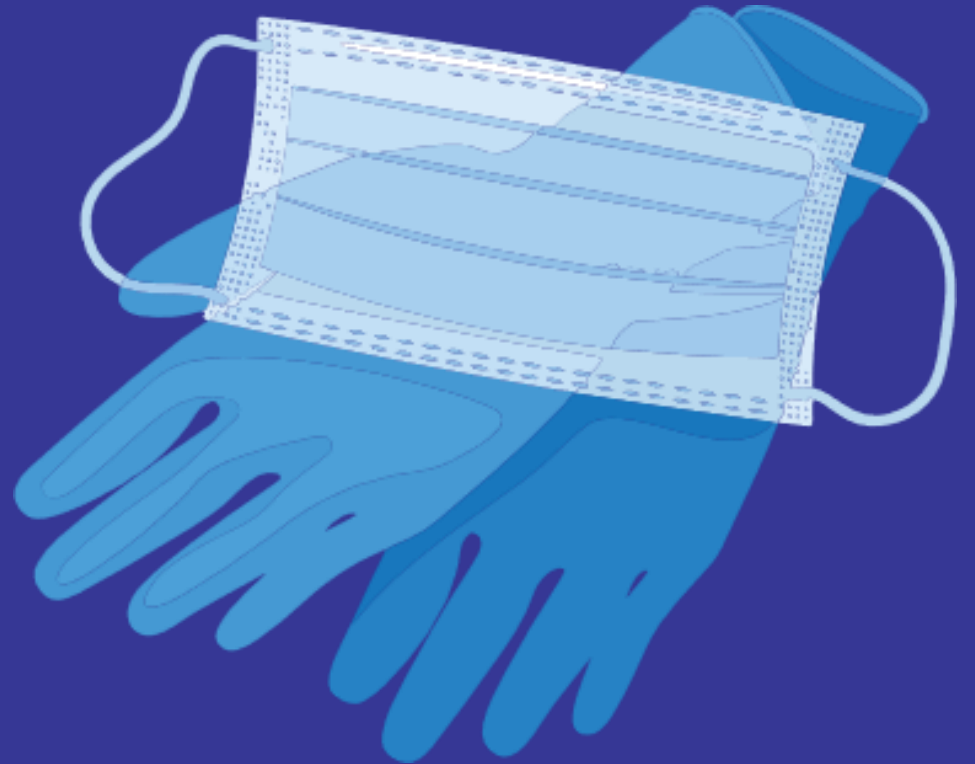
- Inspect the teeth and the gum line
- Carefully check for signs of decay
- When cavity-causing bacteria is present in the child's mouth, this tells us the child needs more adequate oral health care



# Materials Needed for a Basic Oral Health Screening

Materials needed:

1. Gloves (new pair for each child's exam)
2. Face mask
3. Tongue depressors or blades
4. Hand sanitizer



# Materials Needed for a Basic Oral Health Screening

- Materials Needed:
  5. Flashlight for improved visibility (**not a phone light**)
  6. Gauze, if available
  7. Possibility of support staff
  8. Caries Risk Screening Form

**Children's Basic Oral Health Screening: Caries Risk Assessment**

Conduct each exam in private to ensure adherence to local, state, and federal HIPPA & FERPA regulations. Click [here](#) for more specific information.

**Student's Information**

Child's Name:  Date of Birth:  Grade Level:  Sex:   
Race/Ethnicity:  Date of Exam:  School Name:

**Risk Factors**


Ask the student the following questions to determine their caries risk:

1. Do you visit a dentist  Y  N  NOT SURE  O
2. Eating sugary or sticky snacks more than 3 times a day (ask)  Y  N  NOT SURE  O
3. Do you drink juice in a bottle  Y  N  NOT SURE  O
4. Do you brush your teeth 2 times a day  Y  N  NOT SURE  O
5. Do you use tooth paste with fluoride  Y  N  NOT SURE  O
6. Special health care needs  Y  N  NOT SURE  O

**Visual Exam Findings**

1. Visible swelling of the face or neck around the mouth  Y  N  NOT SURE  O
2. Active tooth decay present in the tooth (p.3)  Y  N  NOT SURE  O
3. Visible plaque buildup on the teeth  Y  N  NOT SURE  O
4. White, chalky areas on the gumline  Y  N  NOT SURE  O
5. Small pits or holes  Y  N  NOT SURE  O
6. Large areas of discoloration  Y  N  NOT SURE  O
7. Broken, chipped, cracked teeth  Y  N  NOT SURE  O
8. Swollen or bleeding gums  Y  N  NOT SURE  O
9. Wounds or sores on the lips, cheeks, or tongue  Y  N  NOT SURE  O
10. Bumps, sores, or abscesses on gums  Y  N  NOT SURE  O
11. Previous fillings or crowns present (Metal or tooth-colored p.3)  Y  N  NOT SURE  O
12. Missing teeth  Y  N  NOT SURE  O

**\*\*Yes to any of these indicates high risk for dental decay.**

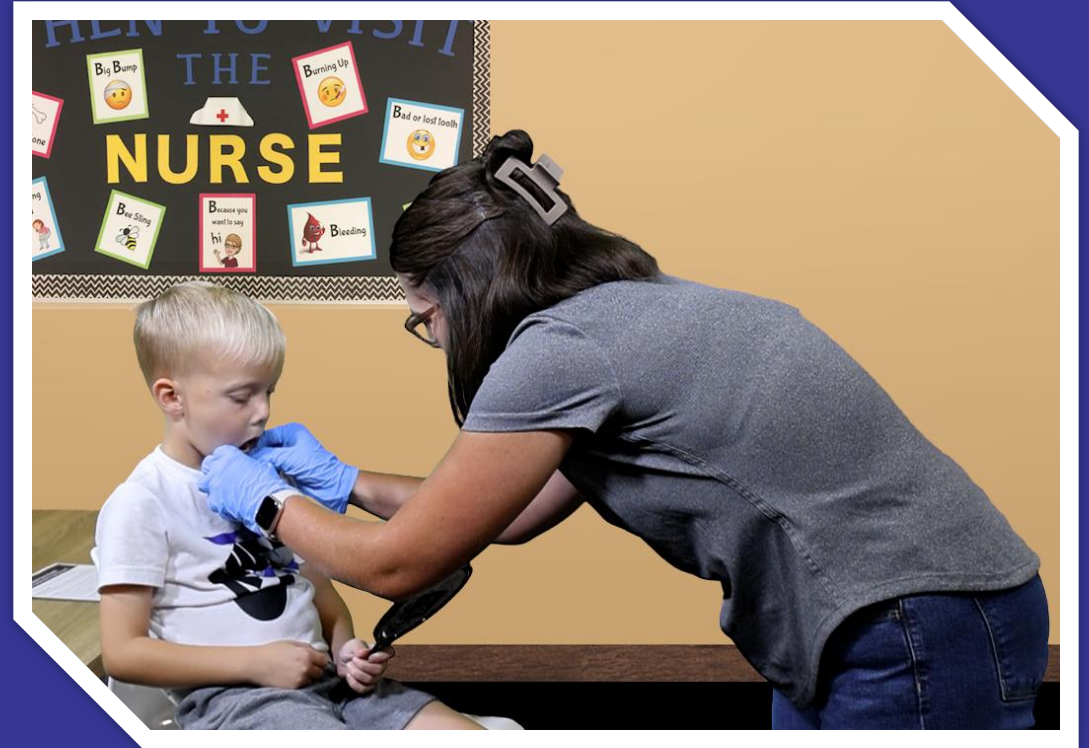
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# Steps to Children's Basic Oral Health Screenings

Steps:

1. Obtain parental consent
2. Start by asking the child to examine their teeth and explain what you will do
3. Position the child for the exam



# Steps to Children's Basic Oral Health Screenings

4. Wash your hands, put on exam gloves and eye protection, if available
5. Ask the child to swallow to clear saliva and dry the teeth with gauze to improve visibility
6. Gently lift the top lip up and away from the teeth to check tooth surfaces to the gumline



# Steps to Children's Basic Oral Health Screenings

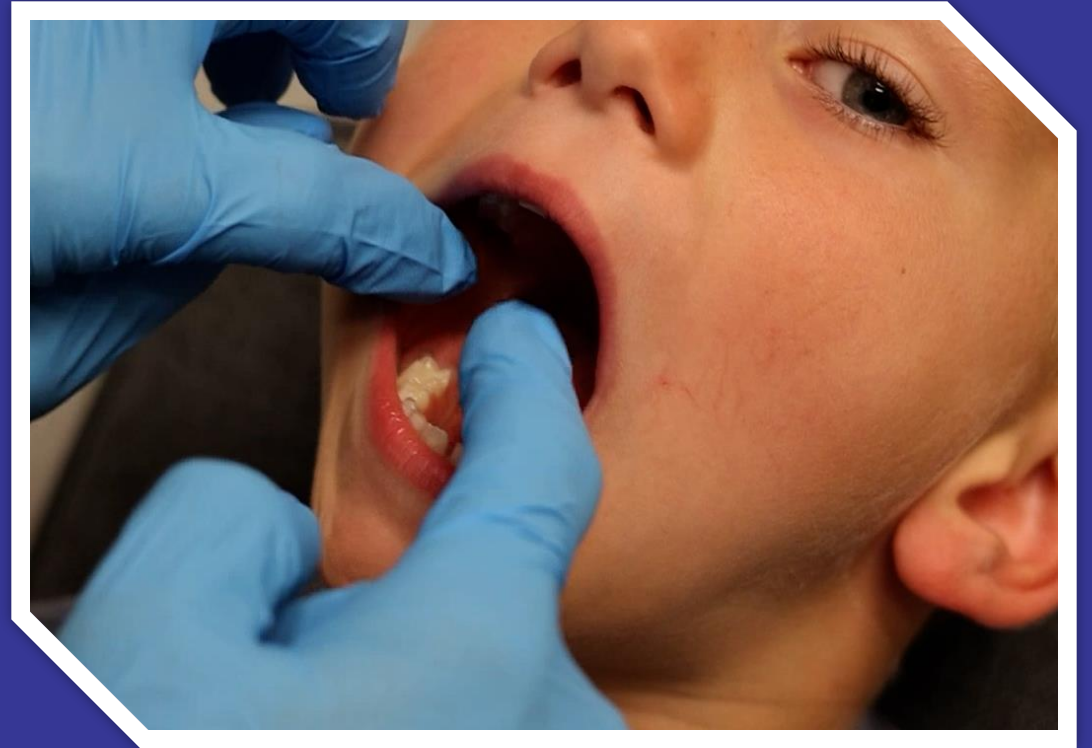
7. Gently lift the bottom lip down and away from the teeth to check tooth surfaces to the gumline
8. Be sure to check all visible tooth surfaces
9. Remove gloves after each exam and dispose of them immediately





# What Do We Look For?

- The ADA recommends checking the:
  - Face and neck for swollen glands and wounds or sores
  - Lips, tongue, roof of the mouth, tonsils, and cheeks for redness, swelling, blisters, and abnormal growths



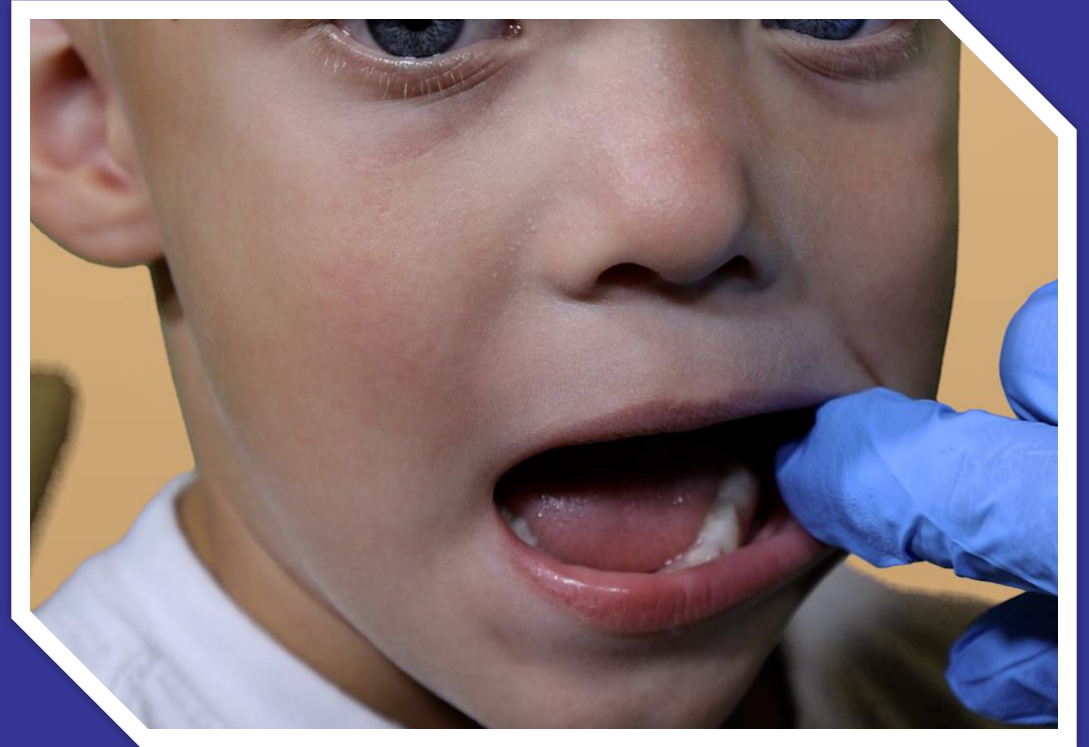
# What Do We Look For?

- Teeth and gums for age-appropriate dentition
- Signs of decay, broken or chipped teeth, misaligned teeth, infection or swelling, and bleeding
- Colors, texture, and position of gum tissue
- Signs of good oral hygiene and mouth odor



# Checking the Oral Tissues of the Mouth

- Gently move their lip far enough away from the teeth to reveal the gumline for careful inspection.
- Check all oral tissues of the mouth.
- Look for signs of tooth decay.



# General Signs of Decay to Look For

- Signs of tooth decay to watch for:
  1. Discoloration of the teeth
  2. Chalky-white lines or spots on the teeth near the gums
  3. Plaque buildup
  4. Swelling or redness of mouth tissues



# General Signs of Decay to Look For

- 5. Broken or missing teeth
- 6. Holes or pits forming in the teeth
- 5. Unusual or new bumps on the gums



# Children with Signs of Decay

- Share causes for concern with caregivers
- Recommend a complete exam by a dental professional in a dental office
- Children with advanced signs of decay should visit a dental office or clinic as soon as possible



# Why Perform a Children's Basic Oral Health Screening?

- Helps raise public dental health awareness
- Proven to prevent tooth decay in young children
- Helps identify children who need attention from a dental professional



# Children with Disabilities and Dental Decay

- Express themselves through their smiles
- More vulnerable to tooth decay
- Can lead to illness or infection that affects the whole body and overall health
- Caregiver handout available

**Best Oral Care for Children with Disabilities**

**Follow these tips to help your child's smile stay happy and healthy!**

1. Take your child to their first dental visit by age 1. Return every 6 months, or as needed, for regular check-ups and cleanings.
2. Help, or watch, your child brush their teeth 2 times a day with fluoride toothpaste. Use a timer/2 minute song.
3. Children over the age of 3 should use a pea-sized amount of fluoride toothpaste and a soft-bristled, child-sized toothbrush.
4. Create a fun routine for toothbrushing that uses the same place, time, and way of brushing each time.
5. Toothbrushing does not have to happen in the bathroom, but where your child is most comfortable brushing their teeth.
6. Give your child water to drink after eating snacks and in between meals to rinse teeth clean of leftover food and sugars.
7. When your child needs medicine, choose sugar-free choices when available.

**Adapting a Toothbrush**  
Some children with disabilities may have trouble brushing their teeth. Here are some tips to help:

1. For children who can hold a toothbrush, consider an electric toothbrush. Do not scrub with the electric toothbrush, move it gently.
2. For children who cannot use a three-sided toothbrush, making changes to the handle may help. You could:
  - Add a thicker handle to the end of the toothbrush for better gripping ability.
  - Use a strip to gently hold the brush to the child's hand.
  - Put a tennis ball with a hole cut through each side on the end of the brush for the child to hold.

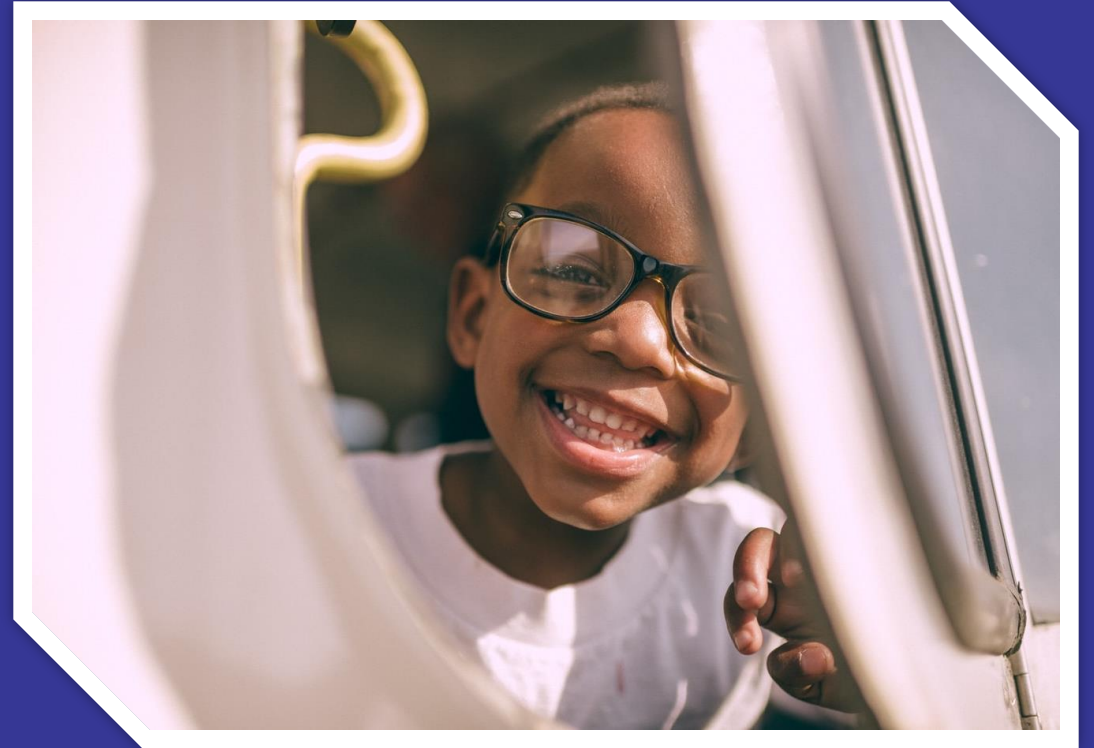
**Product Suggestions**  
The following are suggestions for daily mouth care that may help children with disabilities.

	\$	\$\$	\$\$\$	\$\$\$\$	\$\$\$\$\$
Handmade Folding Toothbrushes for Kids					
Oral-B Kids Electric Toothbrush					
U Shaped Kids Toothbrush & Pack					
IMPRESA Foam Grip Tasting & Swab					
Stokline Oral Rinse Mouthwash					
Dental Bite Blocks					
Volcro Handle					
Tennis Ball Handle					
Grip Handle					
RAZOROK Kids Electric Toothbrush Left-Handed Design					
RAZOROK Kids Electric Toothbrush Right-Handed Design					
Triple Bristle Soft and Ergonomic Handle					
Triple Bristle GO 3-Sided Toothbrush					
BURST Kids Electric Toothbrush, Rechargeable					
Oral-B Kids Electric Toothbrush with Sensor and Timer					
THREE-SIDED TOOTHBRUSH SENSORY TOOTHBRUSH					
RAZOROK Kids Electric 3-Sided Toothbrush					
RevCedar Kid's U-Shaped Electric Toothbrush					
Flossaid Dental Floss Picks					
Philips Sonicare Cordless Power Flosser					
Waterpik Professional Water Flosser					
Silicone Hand Grip Aid, U-Grip					
Sammons Preston Universal Holder Strap					
Adaptive Universal Built-Up Handle					
Biotone Moisturizing Mouth Spray					
OneCoat Xylite Dry Mouth Relief					
ACT Dry Mouth Lozenges					
ARK's Tongue Movement Tool					
Disposable Mouth Swabs					
OPEN WIDE Mouth Rest					

For more adaptations and holds visit [AdaptationsAndHolds.com](http://AdaptationsAndHolds.com)  
Developed & Designed by McMillen Health

# Importance of a Basic Oral Health Screening

- Crucial for school aged children
- Quick screenings lasting about one minute per child
- It helps identify findings that show a child needs attention from a dentist



# Benefits of Children's Basic Oral Health Screenings

1. Early Detection
2. Tell, Show, Do
3. Oral Health Education

## Strong Smiles for the Whole Family

What can you do to support healthy smiles for the whole family? Let's find out!

1. Brush teeth twice a day with fluoride toothpaste for two minutes each time!
2. Remind everyone to brush their tongue every time they brush their teeth.
3. Drink water more often than any other drinks, especially after meals or snacks to help rinse teeth clean and prevent plaque buildup.
4. Change soft-bristled child sized toothbrushes every 3 months or after being sick to keep germs away from your teeth.
5. Eat a balanced diet that limits sugary or sticky snacks and drinks.

Get lots of vitamins and nutrients to help teeth stay strong and protected, like:

- 🥛 Calcium
- 🍌 Potassium
- 🍷 Phosphorus
- 🌿 Vitamins D, K, C, and A

To learn more, visit [myplate.gov](https://myplate.gov).

6. If you can only brush your teeth once a day, it is best to do it at night before bedtime.

7. Never put the toothbrush caps or to-go holders over wet brushes. Make sure the toothbrush stands up with bristles at the top to air dry.

Visit [Smile Help Now](https://www.insurekidsnow.gov/) or <https://www.insurekidsnow.gov/> to find a dentist near you to visit every 6 months.

**WATCH NOW: Lesson 3**  
Practicing Dental Healthy Behaviors with Family

Developed & Designed by McMillen Health

## Healthy Habits with Family

### Tackling Plaque

### Supporting a Positive Dental Visit

### Protecting All Tooth Types

Work, we can take better care of them!

and flat teeth in the front of our mouth and cut food up.

**Canines**, are the sharp teeth in the front of our mouth that hold and...

Pointed teeth in the back of our mouth hold food before we swallow it.

Brush each time you eat or drink.

Use floss to clean between your teeth.

Brush your fingernails and toenails to keep them healthy.

**WATCH NOW: Lesson 1**  
Protecting All Tooth Types

**WATCH NOW: Lesson 2**  
Preventing Decay

**WATCH NOW: Lesson 3**  
Practicing Dental Healthy Behaviors with Family

**WATCH NOW: Lesson 4**  
Protecting All Tooth Types

**WATCH NOW: Lesson 5**  
Protecting All Tooth Types

**WATCH NOW: Lesson 6**  
Protecting All Tooth Types

# Benefits of Children's Basic Oral Health Screenings

4. Pain Prevention
5. Improved School Performance
6. Cost Savings
7. Access to Treatment



The background is a solid dark blue color. It features a repeating pattern of small, light blue dental icons, including teeth and dental X-rays, arranged in a grid. In the top-left and bottom-right corners, there are several large, overlapping circles in white and yellow. The text is centered in the middle of the page.

# **Module Three:** Treatment Options

# Toothpaste with Fluoride

- The most common method of individual fluoride use is brushing teeth with **fluoridated toothpaste**
- Toothbrushing applies fluoride directly to teeth so it can begin working against early tooth decay right away and strengthens teeth.



# Dental Education

- Educating parents and caregivers on the importance of daily oral hygiene practices can help prevent tooth decay from advancing

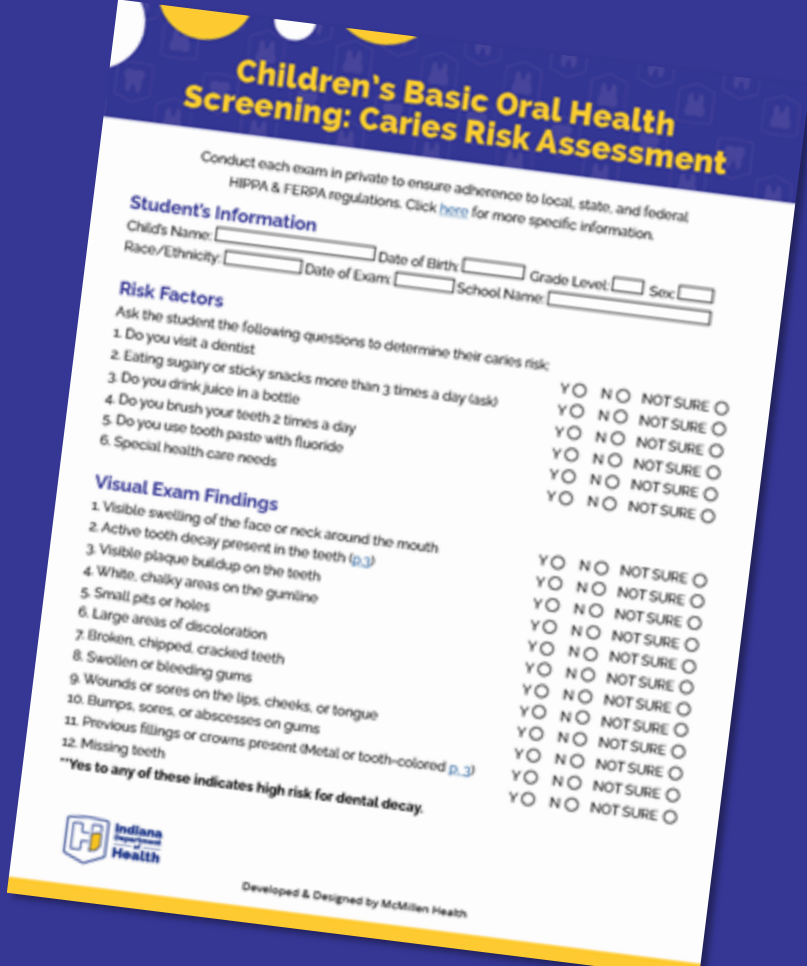




# Module Four: Resources

# Carries Risk Assessment and Screening Results Letter for Caregivers

- After each exam, use the **Caries Risk Assessment** to record observations
- Note the urgency of the child's dental care needs
- Fill out the **Screening Results Caregiver Letter** to share results with caregivers



**Children's Basic Oral Health Screening: Caries Risk Assessment**

Conduct each exam in private to ensure adherence to local, state, and federal HIPAA & FERPA regulations. Click [here](#) for more specific information.

**Student's Information**  
Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Grade Level: \_\_\_\_\_ Sex: \_\_\_\_\_  
Race/Ethnicity: \_\_\_\_\_ Date of Exam: \_\_\_\_\_ School Name: \_\_\_\_\_


**Risk Factors**  
Ask the student the following questions to determine their caries risk:

1. Do you visit a dentist  Y  N  NOT SURE  O
2. Eating sugary or sticky snacks more than 3 times a day (ask)  Y  N  NOT SURE  O
3. Do you drink juice in a bottle  Y  N  NOT SURE  O
4. Do you brush your teeth 2 times a day  Y  N  NOT SURE  O
5. Do you use tooth paste with fluoride  Y  N  NOT SURE  O
6. Special health care needs  Y  N  NOT SURE  O

**Visual Exam Findings**

1. Visible swelling of the face or neck around the mouth  Y  N  NOT SURE  O
2. Active tooth decay present in the teeth (p.3)  Y  N  NOT SURE  O
3. Visible plaque buildup on the teeth  Y  N  NOT SURE  O
4. White, chalky areas on the gumline  Y  N  NOT SURE  O
5. Small pits or holes  Y  N  NOT SURE  O
6. Large areas of discoloration  Y  N  NOT SURE  O
7. Broken, chipped, cracked teeth  Y  N  NOT SURE  O
8. Swollen or bleeding gums  Y  N  NOT SURE  O
9. Wounds or sores on the lips, cheeks, or tongue  Y  N  NOT SURE  O
10. Bumps, sores, or abscesses on gums  Y  N  NOT SURE  O
11. Previous fillings or crowns present (Metal or tooth-colored p.3)  Y  N  NOT SURE  O
12. Missing teeth  Y  N  NOT SURE  O

**\*\*Yes to any of these indicates high risk for dental decay.**

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# Refer and Share Options

- Refer children who need immediate dental care to a licensed dentist in a dental office
- Share options for finding affordable and accessible care:
  - [Smile Help Now](#)
  - <https://www.insurekidsnow.gov/>
  - Or contact [oralhealth@health.in.gov](mailto:oralhealth@health.in.gov)



# Give Caregivers Resources

- Send information about resources home to offer families affordable treatment options:

1. Smile Help Now

2. <https://www.insurekidsnow.gov/>



# Resources

- Children's Basic Oral Health Screening: Caries Risk Assessment handout
- Children's Basic Oral Health Screening Results Letter
- PDF Training Appendix

**Children's Basic Oral Health Screening: Caries Risk Assessment**

Conduct each exam in private to ensure adherence to local, state, and federal HIPAA & FERPA regulations. Click [here](#) for more specific information.

**Student's Information**  
Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Grade Level: \_\_\_\_\_ Sex: \_\_\_\_\_  
Race/Ethnicity: \_\_\_\_\_ Date of Exam: \_\_\_\_\_ School Name: \_\_\_\_\_

**Risk Factors**  
Ask the student the following questions to determine their caries risk:

1. Do you visit a dentist? Y  N  NOT SURE
2. Eating sugary or sticky snacks more than 3 times a day (ask): Y  N  NOT SURE
3. Do you drink juice in a bottle? Y  N  NOT SURE
4. Do you brush your teeth 2 times a day? Y  N  NOT SURE
5. Do you use toothpaste with fluoride? Y  N  NOT SURE
6. Special health care needs? Y  N  NOT SURE

**Visual Exam Findings**

1. Do you have dental pain? Y  N  NOT SURE
2. Visible swelling of the face or neck around the mouth? Y  N  NOT SURE
3. Active tooth decay present in the teeth (1, 2, 3)? Y  N  NOT SURE
4. Visible plaque buildup on the teeth? Y  N  NOT SURE
5. White, chalky areas on the gumline? Y  N  NOT SURE
6. Small pits or holes? Y  N  NOT SURE
7. Large areas of discoloration? Y  N  NOT SURE
8. Broken, chipped, cracked teeth? Y  N  NOT SURE
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10. Wounds or sores on the lips, cheeks, or tongue? Y  N  NOT SURE
11. Bumps, sores, or abscesses on gums? Y  N  NOT SURE
12. Previous fillings or crowns present (Metal or tooth-colored (1, 2, 3)? Y  N  NOT SURE
13. Missing teeth? Y  N  NOT SURE

**\*\*Yes to any of these indicates high risk for dental decay.**

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**Children's Basic Oral Health Screening Results Letter**

Child's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Dear Parent or Caregiver,

Today your child received a basic oral health exam at school. No x-rays were taken. Please note that this screening was a visual examination and not a dental examination conducted by a dentist. This exam does not replace a routine dental visit.

**The results of the exam show that:**

\_\_\_\_\_ Your child has no visible dental problems but should continue to visit the dentist every \_\_\_\_\_ months for regular check-ups.

\_\_\_\_\_ Your child has a tooth, or teeth, that need to be seen by a dentist. The dentist will determine whether treatment is needed.


\_\_\_\_\_ Your child has a tooth, or teeth, that are in need of immediate care. Contact a dentist as soon as possible for a complete evaluation and best treatment. We strongly encourage you to schedule regular dental visits for your child to ensure thorough assessment and appropriate treatments as needed.

If you do not have a family dentist and you need help finding care or insurance, email [oralhealth@indianahs.gov](mailto:oralhealth@indianahs.gov) or visit: [www.insurekidsnow.gov/coverage/oa/index.html](http://www.insurekidsnow.gov/coverage/oa/index.html)

Visual screening completed by:  
 School Nurse  
 School Liaison  
 Trained Staff

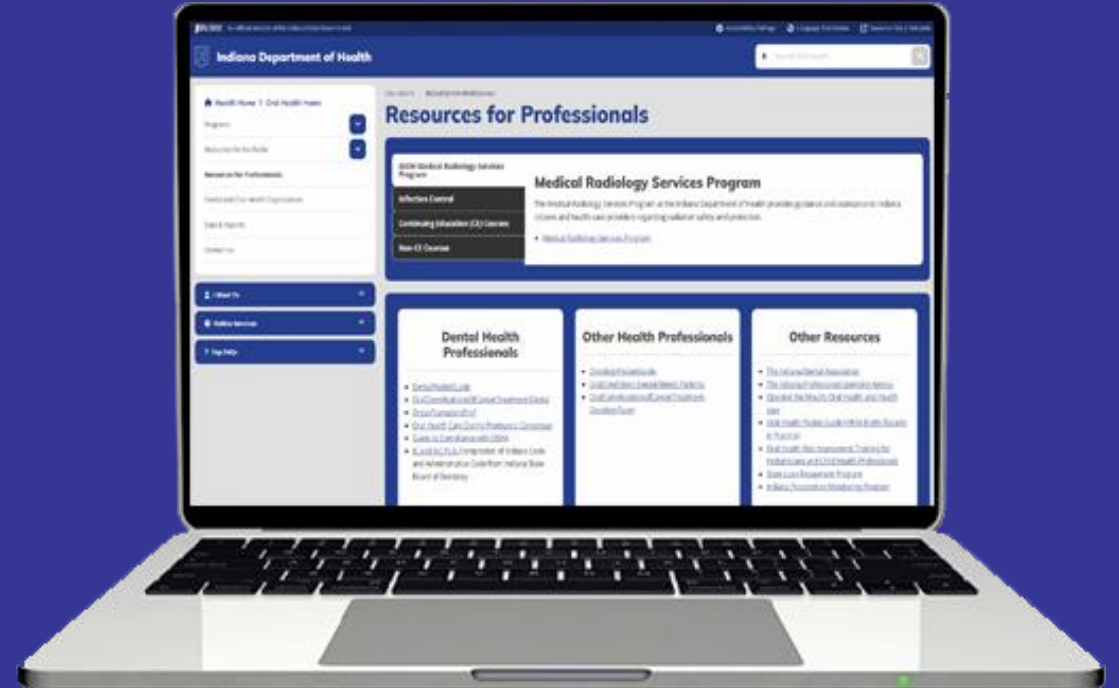
Screening Date: \_\_\_\_\_

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# For Additional Resources and Information

Visit: [Health: Oral Health: Resources for Professionals \(in.gov\)](https://www.in.gov/health/oral-health/resources-for-professionals)





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**Nutrition &  
Physical Activity**



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Division of  
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