

## **PATHWAY 3-6**

### **Visit 1**

Discuss with parent/child reasons for inclusion in the scheme:

- IPP is a programme aimed at reducing dental decay
- Oral Health can be improved by adopting healthy life practices

Perform a:

- Caries risk assessment - assess baseline
- Plaque score
  - No Plaque visible
  - Plaque visible on the gum margins of anterior teeth
  - Plaque visible on the mid third of anterior teeth.

Advise parent and child on:

- Toothbrushing and toothpaste advice
  - Advice tailored to:
    - Patient's age
    - Caries Assessment
- Diet advice in line with DBOH

Apply fluoride varnish in-line with ChildSmile guidelines

### **Preparation for visit 2:**

- Distribute diet sheet or alternatively ask the patient's parent/guardian to photograph all food and drink that the patient consumes over a 2-3 day period
- Ask patient to bring in own toothbrush and toothpaste for demonstration next visit

### **Visit 2**

Reinforce previous oral hygiene (including a check to ensure Fluoride content of toothpaste is appropriate)

Enquire regarding patient's toothbrushing habits:

- How many times each day does the child brush?
- How long does the child brush for each day?
- What toothpaste does the child use?

Advice tailored according to:

- Patient's age
- Caries Assessment

Provide toothbrush instruction and observe patient's brushing technique

Provide personalized diet advice based upon responses from diet sheet/photographs

### **Visit 3**

- Record a plaque score
- Advise patient regarding risks of erosion if relevant to diet analysis
- Reinforcement of toothbrushing technique and tailored personalised diet advice in-line with messages from DBOH.
- Providing there is a minimum of 1 week apart between visit 1 and visit 3 apply fluoride varnish in-line with protocol outlined in ChildSmile guidelines.