

Providing Oral Health Education during COVID-19: Current Practices and Recommendations



Course Author(s): Harold A. Henson, RDH, PhD

CE Credits: 1.5 hours

Intended Audience: Dentists, Dental Hygienists, Dental Assistants, Dental Students, Dental Hygiene Students, Dental Assistant Students

Date Course Online: 08/02/2021

Last Revision Date: N/A

Course Expiration Date: 08/01/2024

Cost: Free

Method: Self-instructional

AGD Subject Code(s): 148

Online Course: www.dentalcare.com/en-us/professional-education/ce-courses/ce658

Disclaimers:

- P&G is providing these resource materials to dental professionals. We do not own this content nor are we responsible for any material herein.
- Participants must always be aware of the hazards of using limited knowledge in integrating new techniques or procedures into their practice. Only sound evidence-based dentistry should be used in patient therapy.

Conflict of Interest Disclosure Statement

- Dr. Harold A. Henson has done consulting work for P&G. He has no relevant financial relationships to disclose.

Introduction

The purpose of this interactive course is to provide dental practitioners with strategies to effectively educate patients about oral hygiene during the COVID-19 pandemic including the use of demonstrating a rechargeable electric toothbrush.

Course Contents

- Overview
- Learning Objectives
- Oral Hygiene during the COVID-19 Pandemic
- Course Test
- References / Additional Resources
- About the Author

Overview

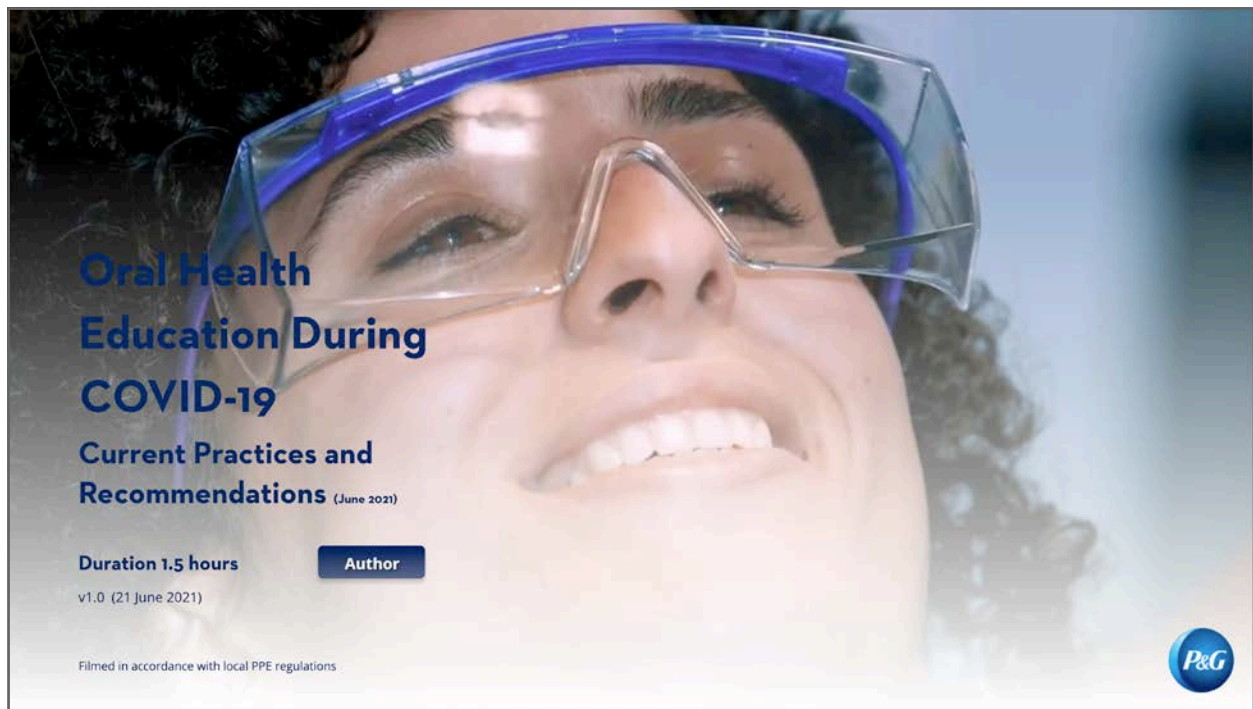
The COVID-19 pandemic has made a profound change to how the dental professional practices. As dental professionals adapt to new infection control guidelines, they are faced with the challenges on how to still deliver oral hygiene education. In addition, there has also been a change to how patients seek dental care and how dental professionals are adapting their process of care. This course will explore the international trends and issues on delivering oral hygiene education during the pandemic and discuss the benefits of using a rechargeable electric toothbrush to enable patients in their self-care.

Learning Objectives

Upon completion of this course, the dental professional should be able to:

- Discuss the impacts of COVID-19 on dentistry and patients.
- Describe how COVID-19 has impacted chairside clinical practice in delivering oral health education.
- Discuss the importance of why oral health education is even more important than ever during a pandemic.
- Discuss strategies to safely and effectively deliver oral health education including the use of a rechargeable electric power toothbrush as part of an oral health education program.

Oral Hygiene during the COVID-19 Pandemic



**Oral Health
Education During
COVID-19**
**Current Practices and
Recommendations** (June 2021)

Duration 1.5 hours
v1.0 (21 June 2021)

Author

Filmed in accordance with local PPE regulations

P&G

[Click on image to view interactive module online.](#)

Course Test Preview

To receive Continuing Education credit for this course, you must complete the online test. Please go to: www.dentalcare.com/en-us/professional-education/ce-courses/ce658/test

1. **The term “administrative controls” within the U.S. National Institute for Occupational Safety and Health Hierarchy of Controls is considered the _____.**
 - A. most effective
 - B. moderately effective
 - C. least effective
 - D. non-effective

2. **In the 2020 survey by the UK Oral Health Foundation, what percentage of British adults felt that they had neglected their oral health during the pandemic lockdown?**
 - A. 25%
 - B. 35%
 - C. 45%
 - D. 55%

3. **According the IFDH 2020 survey, dental professionals identified several oral hygiene educational options that would help to compensate for having less time in the dental setting to educate patients on oral hygiene education. Select the correct one below. Use of a/an _____.**
 - A. manual toothbrush
 - B. tyodont for oral hygiene education
 - C. smart toothbrush with instructional app
 - D. instructional oral education flip-chart

4. **Several different psychological interventions based on _____ and _____ have been investigated to improve oral health instruction compliance in patients with periodontal diseases.**
 1. Behavioral Principles
 2. Social Cognitive Theories
 3. Motivational Intervention
 4. Interactivity
 - A. 1 and 3
 - B. 1 and 2
 - C. 3 and 4
 - D. 2 and 3

5. **A systematic review indicated that using a powered (i.e., electric) toothbrush when compared with a manual toothbrush resulted in a _____.**
 - A. 5% reduction in plaque at one to three months of use
 - B. 10% reduction in plaque at one to three weeks of use
 - C. 15% reduction in plaque at one to three months of use
 - D. 11% reduction in plaque at 1-3 months use

6. **A/an _____ longitudinal study showed that a powered toothbrush can be effective in reducing mean probing depths and mean clinical attachment loss progressions in addition to increasing the number of teeth retained.**
 - A. 5 year
 - B. 7 year
 - C. 9 year
 - D. 11 year

- 7. Which of the following is NOT an impact of the pandemic on dentistry and oral health?**
- A. Increased oral health neglect
 - B. Decreased use of protective personal equipment (PPE)
 - C. Reduced patient volumes
 - D. Increased demand for preventive care
- 8. Based on size and persistence of an aerosol, only particles smaller than what size can penetrate into the alveoli to set up an infection in the lower respiratory system?**
- A. 20 microns diameter
 - B. 50 microns diameter
 - C. 10-15 microns diameter
 - D. Less than 5 microns diameter
- 9. When in operation, demonstration oscillation rotation electric rechargeable toothbrushes produce droplet sizes averaging _____.**
- A. less than 5microns, defined as aerosol
 - B. 5-10 microns, defined as aerosol
 - C. 100 microns, defined as splatter
 - D. 500 microns, defined as splatter
- 10. Providing protection against health risks is an example of which best practice?**
- A. Mechanical plaque removal
 - B. Professional oral hygiene instruction
 - C. Self-care
 - D. Wellness

References

1. USDA. Dietary Guidelines for Americans. 2020-2025 Dietary Guidelines and Online Materials.
2. Palmer H, Campbell-Jack D, Lillis J, Elsby A. The Impact of COVID-19 on Dental Professionals. GDC-UK.org. 2021 Feb. Accessed July 15, 2021.
3. Kranz AM, Gahlon G, Dick AW, Stein BD. Characteristics of US Adults Delaying Dental Care Due to the COVID-19 Pandemic. *JDR Clin Trans Res*. 2021 Jan;6(1):8-14. doi: 10.1177/2380084420962778. Epub 2020 Sep 27.
4. Kranz AM, Chen A, Gahlon G, Stein BD. 2020 trends in dental office visits during the COVID-19 pandemic. *J Am Dent Assoc*. 2021 Jul;152(7):535-541.e1. doi: 10.1016/j.adaj.2021.02.016. Epub 2021 Mar 9.
5. Benzián H, Beltrán-Aguilar E, Niederman R. Systemic Management of Pandemic Risks in Dental Practice: A Consolidated Framework for COVID-19 Control in Dentistry. *Front Med (Lausanne)*. 2021 Feb 24;8:644515. doi: 10.3389/fmed.2021.644515.
6. International Federation of Dental Hygienists. IFDH 2020 COVID Survey. Accessed July 15, 2021.
7. American Dental Hygienists' Association. ADHA Interim Guidance on Returning to Work. 2020 Aug 5. Accessed July 15, 2021.
8. Graziani F, Izzetti R, Lardani L, et al. Dental Practice in the Era of SARS-COV-2 Pandemic: A Checklist to Enhance Safety and Good Practice. Bologna, Italy. Edizioni Martina. 2020.
9. ADA. Dentistry Largely Exempted from New Federal COVID Regulation. 2021 Jul 13. Accessed July 15, 2021.
10. Lutfiyya MN, Gross AJ, Soffe B, Lipsky MS. Dental care utilization: examining the associations between health services deficits and not having a dental visit in past 12 months. *BMC Public Health*. 2019 Mar 5;19(1):265. doi: 10.1186/s12889-019-6590-y.
11. Oral Health Foundation. Lockdown forces Brits to become their own DIY dentists. 2021 Apr 15. Accessed July 15, 2021.
12. Huang S, He T, Yue F, et al. Longitudinal Multi-omics and Microbiome Meta-analysis Identify an Asymptomatic Gingival State That Links Gingivitis, Periodontitis, and Aging. *mBio*. 2021 Mar 9;12(2):e03281-20. doi: 10.1128/mBio.03281-20.
13. DentaQuest. Teledentistry. Accessed July 15, 2021.
14. CDC. Guidance for Dental Settings. Interim Infection Prevention and Control Guidance for Dental Settings During the Coronavirus Disease 2019 (COVID-19) Pandemic. 2020 Dec 04. Accessed July 15, 2021.
15. Chapple IL, Van der Weijden F, Doerfer C, et al. Primary prevention of periodontitis: managing gingivitis. *J Clin Periodontol*. 2015 Apr;42 Suppl 16:S71-6. doi: 10.1111/jcpe.12366.
16. Watt RG, Daly B, Allison P, et al. The Lancet Oral Health Series: Implications for Oral and Dental Research. *J Dent Res*. 2020 Jan;99(1):8-10. doi: 10.1177/0022034519889050.
17. Soldani FA, Lamont T, Jones K, et al. One-to-one oral hygiene advice provided in a dental setting for oral health. *Cochrane Database Syst Rev*. 2018 Oct 31;10(10):CD007447. doi: 10.1002/14651858.CD007447.pub2.
18. Sanz M, Herrera D, Kerschull M, et al. Treatment of stage I-III periodontitis-The EFP S3 level clinical practice guideline. *J Clin Periodontol*. 2020 Jul;47 Suppl 22(Suppl 22):4-60. doi: 10.1111/jcpe.13290. Erratum in: *J Clin Periodontol*. 2021 Jan;48(1):163.
19. National Health Service. Public Health England. Delivering better oral health: an evidence-based toolkit for prevention, 3rd Ed. 2017 Mar. Accessed July 15, 2021.
20. AAP. Proceedings from the 2017 World Workshop on the Classification of Periodontal and Peri-Implant Diseases and Conditions. Accessed July 15, 2021.
21. Kassebaum NJ, Bernabé E, Dahiya M, et al. Global burden of severe periodontitis in 1990-2010: a systematic review and meta-regression. *J Dent Res*. 2014 Nov;93(11):1045-53. doi: 10.1177/0022034514552491. Epub 2014 Sep 26.
22. Van der Weijden FA, Slot DE. Efficacy of homecare regimens for mechanical plaque removal in managing gingivitis a meta review. *J Clin Periodontol*. 2015 Apr;42 Suppl 16:S77-91. doi: 10.1111/jcpe.12359.

23. Jönsson B, Ohrn K, Oscarson N, Lindberg P. The effectiveness of an individually tailored oral health educational programme on oral hygiene behaviour in patients with periodontal disease: a blinded randomized-controlled clinical trial (one-year follow-up). *J Clin Periodontol*. 2009 Dec;36(12):1025-34. doi: 10.1111/j.1600-051X.2009.01453.x.
24. Palmer H, Campbell-Jack D, Lillis J, Elsby A. The Impact of COVID-19 on Dental Professionals. *GDC-UK.org*. 2021 Feb. Accessed July 15, 2021.
25. Yaacob M, Worthington HV, Deacon SA, Deery C, Walmsley AD, Robinson PG, Glenny AM. Powered versus manual toothbrushing for oral health. *Cochrane Database Syst Rev*. 2014 Jun 17;2014(6):CD002281. doi: 10.1002/14651858.CD002281.pub3.
26. Pitchika V, Pink C, Völzke H, Welk A, Kocher T, Holtfreter B. Long-term impact of powered toothbrush on oral health: 11-year cohort study. *J Clin Periodontol*. 2019 Jul;46(7):713-722. doi: 10.1111/jcpe.13126. Epub 2019 May 22.
27. FDA.report. Oral-B Test Drive Power Brush Trial Program Kit. Regulation Number: 21 CFR 872.6865. Toothbrush, Powered Regulatory Class: I. Product Code: JEQ. Dated: August 14, 2014. Accessed July 15, 2021.
28. Proffitt E. What will be the new normal for the dental industry? *Br Dent J*. 2020 May;228(9):678-680. doi: 10.1038/s41415-020-1583-x.
29. Viridi MK, Durman K, Deacon S. The Debate: What Are Aerosol-Generating Procedures in Dentistry? A Rapid Review. *JDR Clin Trans Res*. 2021 Apr;6(2):115-127. doi: 10.1177/2380084421989946. Epub 2021 Jan 29.
30. Meethil AP, Saraswat S, Chaudhary PP, Dabdoub SM, Kumar PS. Sources of SARS-CoV-2 and Other Microorganisms in Dental Aerosols. *J Dent Res*. 2021 Jul;100(8):817-823. doi: 10.1177/00220345211015948. Epub 2021 May 12.
31. Kutter JS, Spronken MI, Fraaij PL, Fouchier RA, Herfst S. Transmission routes of respiratory viruses among humans. *Curr Opin Virol*. 2018 Feb;28:142-151. doi: 10.1016/j.coviro.2018.01.001. Epub 2018 Jan 17.
32. Khanagar SB, Al-Ehaideb A, Vishwanathaiah S, Maganur PC, Naik S, Siddeeqh S. Exposure Risks and Preventive Strategies Considered in Dental Care Settings to Combat Coronavirus Disease (COVID-19). *HERD*. 2021 Jan;14(1):278-289. doi: 10.1177/1937586720950746. Epub 2020 Aug 30.
33. Mark EP, Lewis MAO, Graziani F, Atlas B, Utsch J. Droplet Sizes Emitted from Demonstration Electric Toothbrushes. *Int J Environ Res Public Health*. 2021 Feb 26;18(5):2320. doi: 10.3390/ijerph18052320.

Additional Resources

- No Additional Resources Available.

About the Author

Harold A. Henson, RDH, PhD



Harold A. Henson, RDH, PhD is an Associate Professor in the Department of Periodontics and Dental Hygiene and is Director for Center of Teaching and Learning at The University of Texas School of Dentistry at Houston. He has taught all levels of dental education: post-graduate, graduate and undergraduate.

Dr. Henson has held numerous positions at the national, state, and local dental hygiene levels. He has served on the American Dental Hygienists' Association (ADHA), Councils of Education and Member Services and has served on the following editorials boards: ADHA's ACCESS Magazine, Dimensions of Dental Hygiene, ADHA's Journal of Dental Hygiene, and the Canadian Journal of Dental Hygiene. Dr. Henson has authored and co-authored articles in various peer-reviewed journals and has been a chapter contributor to several dental hygiene textbooks. He holds numerous teaching awards and distinctions in the profession.

Dr. Henson holds a Bachelor of Science in Biology with minor in Psychology from the University of Houston. He earned a certificate in dental hygiene from The University of Texas School of Dentistry at Houston. He continued his graduate studies by completing a Master of Education in Allied Health Education and Administration from the University of Houston and Baylor College of Medicine and Doctor of Philosophy in Educational Human Resource Development with a specialization in Adult Education from Texas A&M University.

Email: Harold.A.Henson@uth.tmc.edu