

University of Portsmouth Dental Academy Community Outreach Health Promotion Report March 2019

1. Introduction

The University of Portsmouth Dental Academy (UPDA) is a partnership between the University of Portsmouth and Kings College London Dental Institute (KCLDI) which started in August, 2010. We train the entire dental team including the dental nurses, dental hygiene/therapists and dental students. We do this through Certificate, Diploma and a BSc in dental nursing, BSc in Dental hygiene/therapy programme, BSc in Dental Hygiene and are an outreach facility to KCLDI dental students.

This report records the activities undertaken by the students during the academic year starting

2. Details of the Dental Academy's Community Outreach Programme

The community outreach programme is manned by the Dental students (DS) and the Dental Hygiene and Therapy students (DHDT) who are accompanied by qualified staff members. The programme has expanded in the past few years and although manned by the students, is very staff intensive both in terms of planning, co-ordination and execution. Ms. Gemma Potts, is the Outreach Administration Officer in charge of organising the programme and its execution.

2.1 Primary Schools

A. Supervised tooth brushing programme 'Brush UP'

'Brush UP' is a very successful supervised tooth brushing programme which since inception has involved 13/14 schools in the area and gradually enrolled more nurseries.

The aims of the Brush UP programme are:

- To improve the oral health of children in Portsmouth.
- To offer oral health education to support families in self-management of oral health.
- To signpost children in need of treatment to local NHS dental services or their existing dentist.
- To encourage a positive relationship with dental services from a young age.

It targets the Reception class of each school. The total number of primary schools and nurseries enrolled on the programme since 2012 are enlisted in Table 1. There has been a steady increase in the nurseries enrolling in the programme while the schools dropping out.

Table 1: Total number of schools enrolled in the Brush UP since 2012-2013

	2012-2013	2013-2014	2014-2015	2015-2016	2016-2017	2017-2018	2018-2019
Schools	14	14	13	13	11	9	9
Nurseries	0	3	2	2	1	2	5

The programme has been received very positively by most participating schools. The consent rates for the tooth brushing has always been over the average of 90% and of Fluoride varnish application above 85%.

(i) Total number of children benefiting since 2012 from the 'Brush UP' is given in Table 4

Table 4: Total number of children enrolled in the programme

	2012-2013	2013-2014	2014-2015	2015-2016	2016-2017	2017-2018	2018-2019
Schools	992	900	879	816	636	622	TBC
Nurseries	0	105	107	75			

Registration with a dentist

An analysis of the data for the two years of 2016-2017 showed that only 75% of the children were registered with a dentist in 2016/17, which further decreased to 70% in 2017/18. Considering that the dental care for children is free, these figures show that 25-30 percent of children in Portsmouth area are not getting the dental care they deserve. The Brush UP programme may be their only contact with the dental care professionals making this programme very valuable.

(ii) Annual reviews to maintain the quality of tooth brushing

Performance against the tooth brushing standards is monitored annually by the students with a standardised observation form. They assess the standard of implementation and the effectiveness of the programme. The top three most impressive schools/nurseries are presented with a 'Brushing Excellence' Award and a Certificate and prize by the Dental Academy.

(iii) Health promotion resources

Initially, schools receive start up stock, consisting of toothbrushes, toothpastes, a tooth brushing song and the brush-buses. In line with current guidance, each school has their own toothbrush and toothpaste stock renewed every three months when requested through an online ordering form. Each school receives training and manuals for their teachers, while each child receives appropriate leaflets and information as mentioned in the previous reports.

B. Fluoride Varnish Programme

The 'Brush UP' fluoride varnish (FV) programme is another successful prevention programme which targets children in Year 'R'. There is strong

international evidence to show a significant reduction in dental decay in children who have fluoride varnish professionally applied two to four times a year. The Dental Academy will be providing 2 applications of FV per year to a child from October 2015.

The children who have consent are screened for dental decay and those who have disease are referred to their own dentists. Those without a dentist are invited to attend the Dental Academy for treatment. Fluoride varnish is applied to all those who have a consent by the dental students, dental hygiene and therapy students and Dental nurses on the Diploma HE in Dental nursing students assisted by trained dental nurses and tutors.

C. Oral health talks for year 1 and year 2.

Oral Health Talks for year 1 and Year 2 are offered when requested by the schools. This is carried out by the DCP students as a voluntary activity and is considered as a graduate employability skill.

2.2 The Dental Academy higher deprivation programmes

Young Adults/Hard to reach triage sessions until 2016 included Portsmouth probation services; The Foyer (homeless shelter for 16-25 year olds; Baytrees and Block C (Drug and Alcohol detoxification unit and recovery hub); After that the Probation service was stopped and screening has been taking place at the Yew House and Hope house both of which offer services to the hard to reach population.

The goals of the triage sessions are to:

- Increase access to preventative oral healthcare to young adults
- Provide individualised oral health education
- Identify people with urgent dental needs who do not have regular access to dental services and to assist those people in obtaining treatment
- To educate people about how to access dental health services
- To reduce the incidence of untreated dental caries and improve the oral health of the population of Portsmouth

As part of the level 6 Dental hygiene and dental therapy curriculum our students visit the following venues to deliver oral health education -

- Sure Start Centres
- The Foyer (homeless shelter 16-25)
- Baytrees (Drug and Alcohol detoxification unit)
- Shearwater (elderly care home - dementia)
- The Kestrel Centre

In the year March 2018 to February 2019, the UPDA has screened adults at four venues; Yew House, Hope House, ASDA Fratton car park and TESCO car park. This has been in collaboration with the charities involved in these centres and the supermarket. 76 patients were screened and 26 of these were offered appointments at the Dental Academy. Among them were 17 patients who had not visited a dentist for more than 5 years.

3. Evaluation and feedback from our service users and Community settings

Evaluation of all the settings is undertaken for service provision and improving care. This ensures that our protocols and the processes are robust.

4. Collaboration of community activity

In the year 2017 a pilot was undertaken where the NHS health check was combined with the oral health check and was offered by the Pharmacy students along with the Dental students as an example of inter-professional learning. The research linked to this project is yet to be published. The project however has highlighted that patients were attracted to enrol in the health check as they really wanted to resolve their dental problems. So, oral health checks can encourage more patients to engage with the general medical services.

5. Research in the community

The Dental Academy along with its research partners is undertaking research on several aspects of community care including assessing the beliefs of parents in schools regarding Brush up and oral health care, dietary plans in early settings, research on hard to reach group.

6. Conclusion

Dental Academy's community outreach programme has been providing good service to diverse groups in diverse setting. While we get very positive feedback from those with whom we work, it has been difficult to recruit new settings. The potential health gain to the service users is massive and life enhancing, irrespective of whether they are at the beginning or at the end of their life.

The community programme undoubtedly benefits the diverse groups of service users. In addition and more importantly, the student feedback confirms that community activity inculcates and embeds the core NHS principles of respect and dignity, compassion, improving lives, putting patients and communities before organisational boundaries and the principle that everyone counts.

The Dental Academy's priority for the coming year is to work with the Commissioners to convince more people of the effectiveness of the oral health programme. We are working closely with Public Health England, Dental Public Health and other stakeholders to gather evidence of the oral health needs in Portsmouth to support commissioners to commission services.

Report submitted on behalf of The University of Portsmouth Dental Academy By

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01 March 2019