

Course Resource: Practicing Smarter, Not Harder: Getting to Yes with Periodontal Patients

Presented by Carol A. Jahn, RDH, MS

cjahn@waterpik.com

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

Carol A. Jahn, RDH, MS

- 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*
- Is the Leadership Development Chair for ADHA and a delegate for ADHA to the International Federation of Dental Hygienists

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1. The new periodontal classification system
 2. Maximizing the patient history (skilled inquiry questions attached)
 3. Developing a plan based on risk – there is no one size fits all (risk questions attached)
 - a. Smoking tobacco
 - b. Diabetes

- c. Biofilm tobacco

- d. Diabetes

4. Decision tree for periodontal debridement/post-care

5. Periodontal debridement – best tools

6. Self-care – the evidence

- a. Traditional floss

- b. Interproximal brushes

- c. Oral irrigation/water flossing

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=Best>
- **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:** recommenders 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/>

