Healthy Smile Happy Child: Using Telehealth to Promote Early Childhood Oral Health

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Increasing Capacity to Inform Oral Health Policy Forum
Dalhousie University
October 22, 2009
Objectives

- Introductions
- Healthy Smile Happy Child (HSHC)
- MBTelehealth
- Collaboration HSHC & MBTelehealth
- HSHC Project Research
- Success!
- The Future
Healthy Smile Happy Child

Project History

- Began in 2000 in response to wait list issues for pediatric dental surgery targeting Early Childhood Caries (ECC)
- 2000-2005
  - Initial partnership HSHC and 4 communities
- 2006
  - Province wide expansion with grant funding from MB Health
Healthy Smile Happy Child

- Multi-disciplinary, multi-agency approach
  - Based on capacity building of existing services rather than developing new services
  - Focused on exploring linkages with health providers, other intersectoral service providers, and the community at large
Healthy Smile Happy Child

- ECC - a health determinants issue
  - Upstream approach to addressing ECC
  - Resources have been community developed

www.wrha.mb.ca/healthinfo/preventill/oral_child.php
Project Goals

- To gain community acceptance of the importance of preschool oral health
- To build on existing programs which target young children
- To increase parental & service provider knowledge on the importance of ECC prevention
- To encourage existing service providers to incorporate ECC prevention activities into current practice
HSHC Project Staff

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Project Staff

Community Facilitators

- Central, Assiniboine, Brandon, Burntwood & Churchill Regional Health Authorities
- NOR-MAN & Parkland Regional Health Authorities
- North Eastman & Southeast Regional Health Authorities
- Winnipeg & Interlake Regional Health Authorities
Project Staff

- Build relationships with local programs
- Provide capacity-building workshops
- Enable community action and activities
- Follow-up with workshop participants

Session with First Nations Community
MBTelehealth is a network that enables residents of Manitoba and surrounding areas to access health care services while overcoming barriers of distance and time through the use of technology.

- Currently 72 urban/rural/remote sites
- Overall utilization of 8463 events in the 08/09 fiscal year
Integration Strategy

- **Supporting** users in *independent* use of the videoconferencing equipment
  - *Develop* effective reference guides for orientation and updates
  - *Develop* reliable supports for:
    - Easy access to help desk and technical support
    - Easy processes in scheduling
Integrated Model

- **Implement** on-going support with regular process reviews and continuing competency of end-users
  - Centralized telehealth support
    - Service Desk
    - Scheduling
    - Training
  - Standardized processes
    - Regional Services Team (RST)
    - Technical Support Team (TST)
    - Program and Performance Team (PPT)
HSHC and MBTelehealth

- In 2006, HSHC recognized that telehealth (videoconference) could be used for oral health promotion to address human resource allocation and remove large geographical barriers.
HSHC Team Meetings

Winnipeg John Buhler Research Centre and Thompson Manitoba
HSHC Education and Workshops

- Foster ongoing HSHC oral health promotion initiatives in remote/rural areas
  - Workshops for Francophone service providers in communities located in designated bilingual Regional Health Authorities (Winnipeg, Central & Southeast RHA)
  - Review First Nation community project resources

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Community Information & Education

Outreach information and education for service providers and community members
- Chronic Disease and Oral Health
- Dental Emergencies
- Oral Health Care for Children with Special Needs

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HSHC Project Research

- A peer reviewed publication of baseline prevalence and risk factors for ECC for MB
- Follow-up evaluation study
  - Demonstrated significant improvements in knowledge, attitudes, and behaviour
  - Reduced number of children with untreated decay
- Evaluation of community workshops on improving preschool oral health knowledge
HSHC Project Research

- Evaluation qualitative study
  - Good understanding of preschool oral health
  - Positive opinions of HSHC

- Cultural qualitative study
  - Mentioned the importance of peer networks, interaction, and personal relationships when promoting oral health in their communities
  - Results will assist in tailoring oral health promotion to different cultural communities
Success!
Engaging Communities

- Community group evaluation tool
  - Determinants of health
  - Building community capacity
- Follow-up with community to see where they are along the continuum of building community capacity
- Example: Public Health Team

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MBTelehealth
Success!
Engaging Communities

- Numerous schools/daycares have initiated toothbrushing programs
- Midwives have developed a gum disease screen to use during prenatal visits
- PH team working with Kindergarten teachers to address ECC among low income and newcomer children

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MBTelehealth
Success!
Public Health Team

<table>
<thead>
<tr>
<th>Income &amp; Social Status</th>
<th>Inform clients of low cost dental options (EIA, NIHB), milk coupons distributed at groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education</td>
<td>Pamphlets in postpartum packages, oral health discussed during prenatal visits, 1-1 postpartum visits, in FF curriculum, attend health fairs</td>
</tr>
</tbody>
</table>
## Success!
### Public Health Team

<table>
<thead>
<tr>
<th>Healthy Child Development</th>
<th>Encourages BF, provide information about infant nutrition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Health &amp; Coping Practices</td>
<td>Provide toothbrushes and infadents, washclothes</td>
</tr>
<tr>
<td>Physical Environment</td>
<td>Healthy snack provided at groups, no juice offered</td>
</tr>
</tbody>
</table>
## Success!

### Public Health Team

<table>
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<tr>
<th>Culture</th>
<th>Traditional cooking is incorporated in HB groups, diabetes education, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Services</td>
<td>Connect clients with existing health services (HB, BF clinics, dental services, FF). Help advocate for client (with EIA, bring to MD appt).</td>
</tr>
</tbody>
</table>
Success! MBTelehealth

- Familiarity with videoconference technology allows for creative thinking about expanded uses of the telehealth technology
  - Facilitates more frequent follow-up with workshop participants & community contacts
  - Increased engagement of First Nations in rural and remote communities
  - Increased opportunities to achieve sustainable early childhood oral health promotion at the community level
The Future?

“The future depends on what we do in the present”

Mahatma Ghandi
The Future?

- Integration of Teledentistry into mainstream health care delivery in Canada
- Increased research of Teledentistry as an alternative option for oral health assessments
- Equitable human resource allocation for regions under serviced in dental health

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Questions?