

“Education is the most powerful weapon which you can use to change the world” Nelson Mandela



Dental Health Education

By

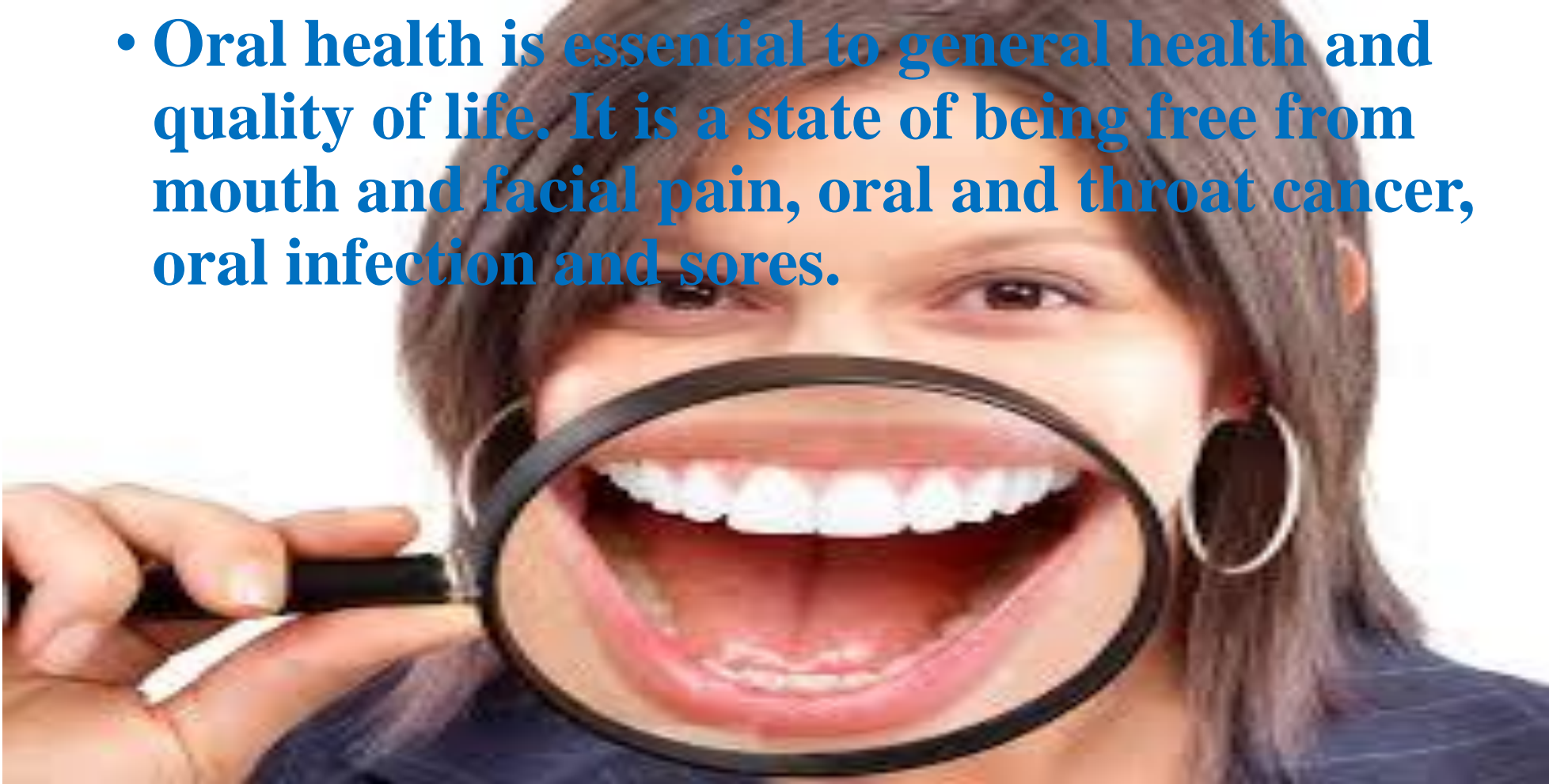
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- **Oral health is essential to general health and quality of life. It is a state of being free from mouth and facial pain, oral and throat cancer, oral infection and sores.**



[Dental](#) Health google search image

Dental Health Education

Introduction

The purpose of telling information about health in such a way that the recipient is motivated to use that information for the protection or advancement of his own health, his family's, and his community 's health.



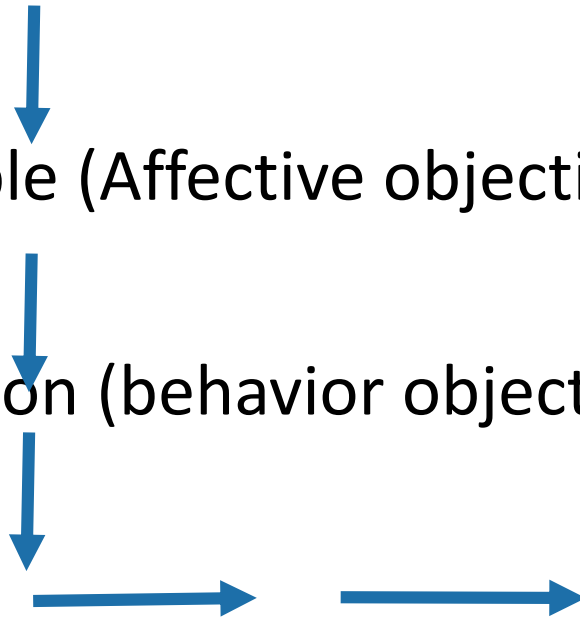


Definition

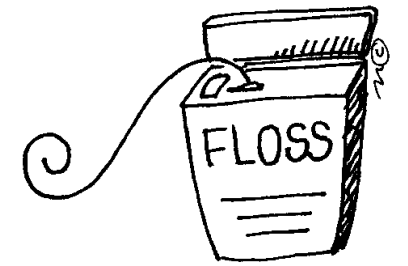
Health education represent the mental and social skills which determine the knowledge ,attitude and behavior of people. It is a procedure which involves the translation of what is known about health into desirable behavior by means of educational process .

Objectives

- Informing people (Cognitive objective)
- Motivating people (Affective objective)
- Guiding into action (behavior objective)



- **Knowledge** : It is the information given about oral health and how to get benefit from it .
- **Attitude** : It is changing in the beliefs that should influence to change the behaviour effectively .
- **Behaviour** : Keeping good new activities must be viewed, as ongoing process. The activities are:



- ❖ Visiting the dentist periodically
- ❖ Plaque control using brushing ,dental floss.
- ❖ Maintenance of low cariogenic diet.



Major problems in developing a positive dental health

Dental caries



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Source: J Am Board Fam Med © 2010 American Board of Family Medicine



Periodontal disease

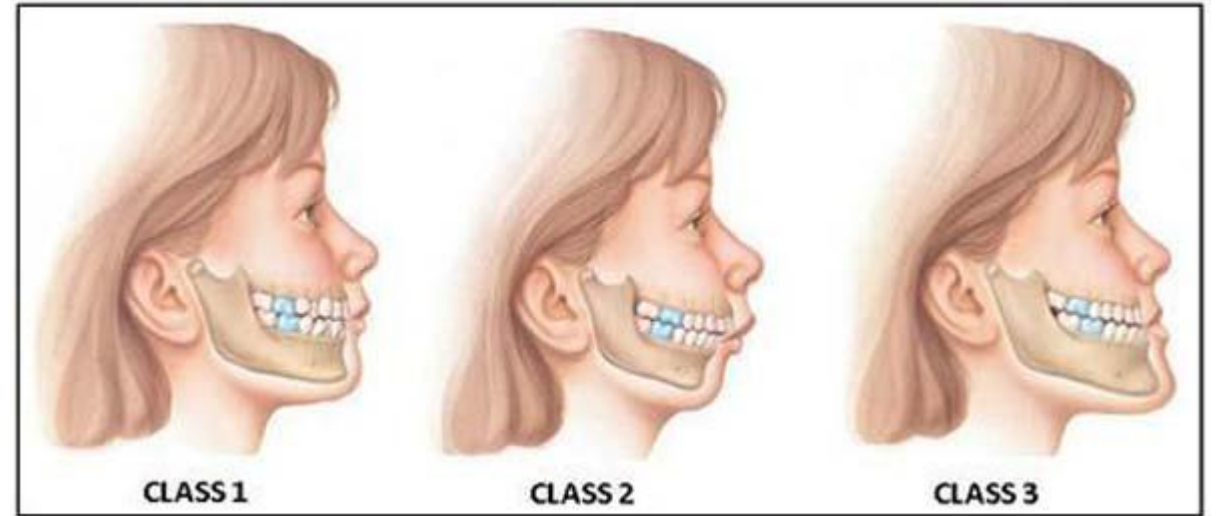
Malocclusion

Dentofacial anomalies

Trauma

Tumors

Oral manifestation of general disease



CROOKED TEETH – Kaiteur News

The concept of positive dental health is made difficult by:

- The chronic ,irreversible ,cumulative and prevalent nature of dental disease .These characteristics contribute to the belief that dental problems are preventable.
- The undramatic nature of most dental disease.
- The association of dental treatment with pain ,discomfort ,and anxiety
- The refuse of many individuals to carry out on a regular basis .

The achievement dental health education goals (behaviour) can be affected by many factors, which include:

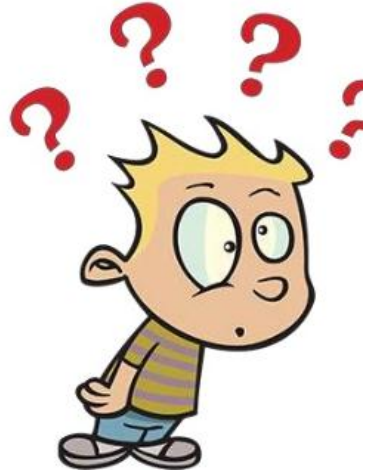
- ❖ Priority barriers, other than dental health.
- ❖ Communication barriers ,such as language.
- ❖ Geographical barriers , like people living far away from dental care services.
- ❖ Economic barriers such as people can't afford obtain dental treatment services.
- ❖ Psychological barriers ,such as attitudes towards the providers and towards dental programs for example communal water fluoridation .
- ❖ Education barriers ,people learning to understand the benefits of dental health practices.

Principles of health education

- **Interest:** Topic of interest identify the “the felt needs ” of the people then prepare a programme.
- **Participation :** The educator should encourage people to participate in health education programme like groups discussions and panel discussions → leads to acceptance
- **Known to unknown:** Existing knowledge of people considered basic step so start with what the people already know and then give the new knowledge.



- **Comprehension: This** is the level of that refers to the level of understanding



like level of literacy of the people who are receiving the health education so
technical or medical words should be avoided
words that are strange or new should be avoided.

Reinforcement. Refers to repetition when it is not possible for the people to understand the subject within short time also called (booster dose).

- **Motivation:** It is defined as essential desire for learning in an individual

Two types of motivation → primary motive which is inborne desire like food,cloth,ect.
→ secondary motive like gift ,nice rewards.



- **Learning by doing**: learning subjects by only hearing or seeing will be difficult to remember while practicing will be much better.

As the Chinese proverb said “if I hear I forget , if I see I remember., if I do I know”.



- **Soil, Seed,& Sower:**

Soil : people to whom education is given

Seed: health facts to be given

Sower: media which transmit the facts. All three are independent and result in dynamic interaction

- **Good human relation** : The health educator should be able to build up a friendly relations with people ,and have a kind and sympathetic attitude



- **Community leaders**: leaders should be able to reach people in the community and to convince them a bout health education like teachers of the school.



Essential of health educator to the public

- **Presentation should be simple.**
- **Accuracy and truth.**
- **Principles of health should be taught.**



Principles for planning dental health education programs.

1.Collection information : Dental diseases prevalence.

Dental health services and facilities

People beliefs ,thoughts ,and habits

2.Establishing dental health education objectives

3. The barrier to dental health education should be assessed .

4.Developing the program plane.

5.Operation of the program.

6. Finally evaluation of the program

Who is in charge for the dental health education programs?

- Dentist he is the one who is responsible for the over-all planning whether he works in an institution or in his private clinic and in consultation with other specialist .
- Other staff .Dental assistants ,dental hygienists ,and other type of auxiliaries.
- School teachers have an important role in this programs.

Sites of Oral Health education

- **In the clinic:** The advantage of this is seeing the same person for a long time may be years which in turn build up a bridge of trust and allowing of reinforcement of desirable knowledge.
- **In the school:** The school is an ideal place to bring an extensive changes in the oral health knowledge ,behavior ,and attitude of the children. So they need to focus on the important of brushing and flossing by supervising plaque removal in the classroom

Dear Teacher

- Ask the class about what to do to keep their teeth clean.
- Ask the class why it is important to keep their teeth clean.
- Explain to the class that some germs in their mouth stick to teeth. This is called plaque.

Plaque

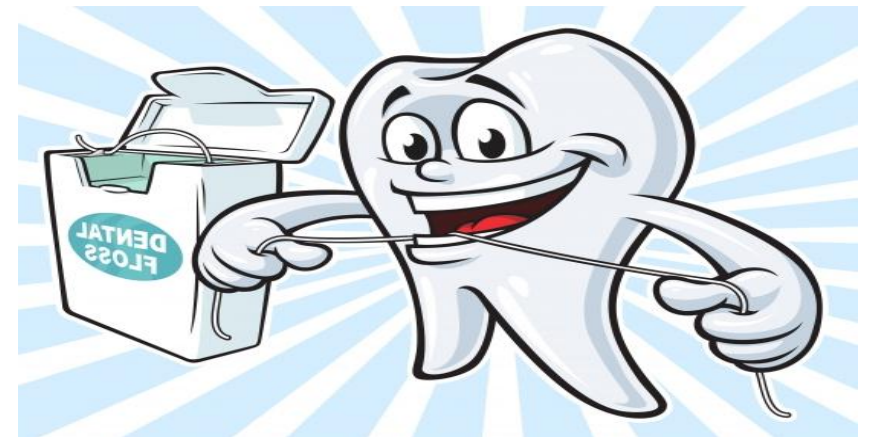
- It is hard to see. It is almost invisible. Plaque can cause decay (a little hole in the tooth), so we
- want to keep plaque away by brushing and flossing



CDA

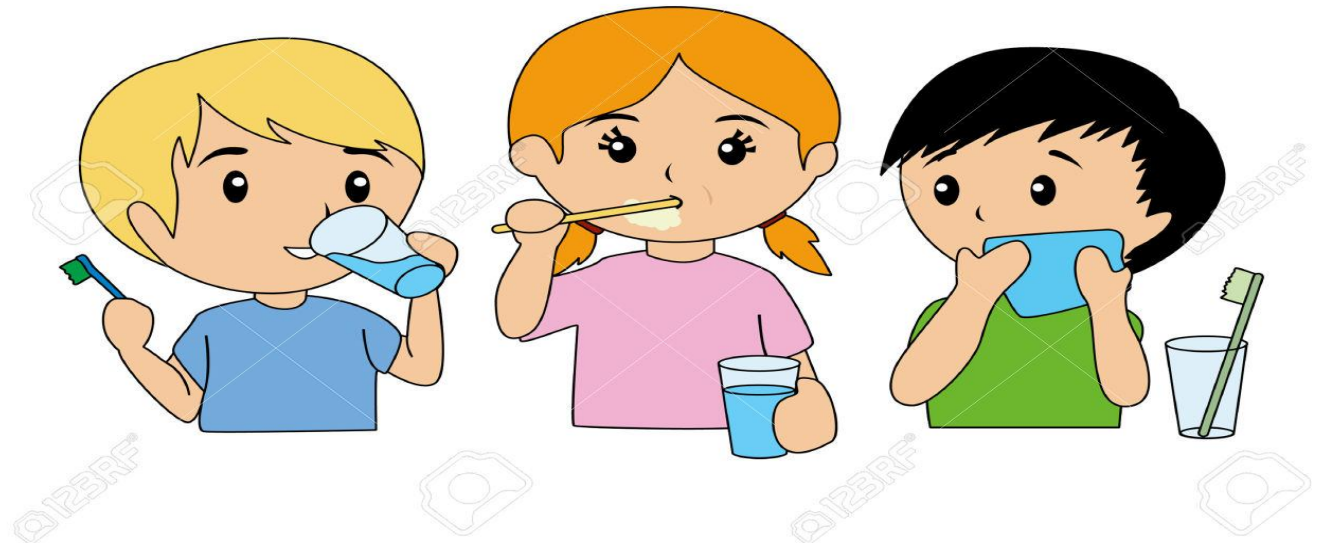


- Explain to the class that they should brush their teeth in the morning and at night.
- Ask the class how many of them brush and floss their teeth each day.
- Show the class the proper way to brush. Brushing should be done gently, in little circles, getting to all sides of the teeth.
- Remind the students that they may need to have an adult help them floss since it can sometimes be difficult.



- Remind the class that they should only use a small amount of fluoride toothpaste (about the size of a pea).

They should always spit out the paste after brushing and rinse their mouths with water.



Difficulties which may affect education programs in schools

- Spend most of the school time by other activities
- Some of the schools refuse to use the school as a social laboratory.
- Lack of parent cooperation with the school to change their kids behavior

In the community

Mass approach

Communication is given to a community where people gathered together do not belong to one group

Advantages

- Large number of people can be reached.
- Different social –economic status have access to dental health education .
- Disadvantages
- One way communication

❑ **VARIOUS MASS MEDIA USED ARE**

- ❑ Television
- ❑ Radio
- ❑ News papers/press
- ❑ Documentary films
- ❑ Posters
- ❑ Health exhibition
- ❑ Health magazines
- ❑ Health information booklets
- ❑ Internet

