



UNIVERSITY OF ALBERTA
FACULTY OF MEDICINE & DENTISTRY



ORAL HEALTH EDUCATION TOOL

Part 4: Visiting the Dentist



Oral diseases continue to disproportionately affect immigrant communities. There is a clear need for a culturally appropriate tool to enhance oral health literacy of recent immigrants. The objectives of this collaborative initiative were to develop an oral health educational tool and ensure its cultural appropriateness for newcomers. These educational booklets are the final product of a community-based CIHR funded project (FRN: 126751) conducted in four phases:

Phase 1 was tool development. A group of dentists, researchers, and students came together to develop an educational tool to be delivered to the frontline community health workers. The tool was developed based on the results of our previous studies investigating the informational needs of the preselected community leaders who were enthusiastic about promoting children's oral health in general and oral health needs of the newcomer families in particular.

Phase 2 was the dissemination event developed and executed at the request of and in consultation with Multicultural Health Brokers Cooperation (MCHB), Edmonton Multicultural Coalition (EMC), as well as the community leaders who participated in our research program to develop an oral health educational tool to be used in their health promotion programs. These individuals had the potential to provide a myriad of services and expertise to newcomers, reach out to newcomer parents, raise their awareness of oral health and preventive care, and facilitate their children's access to dental care. The half-day event was held at a centrally located area in Edmonton. At the event, the developed oral health educational tool was presented to 30 community collaborators in five small groups of six individuals. The presentations were followed up by six focus groups facilitated by two research assistants (one with dentistry background and one community member). Participants' perspectives on deliverability and acceptability of the educational tool and ways to make the tool a better fit for their community were explored. Focus groups were recorded, transcribed verbatim, and coded by two researchers independently. Identified barriers and facilitating factors were categorized based on the key elements of RE-AIM framework.

In phase 3, further adjustments were made to the booklets based on the input received from the community leaders. The tool was modified and presented again to eight leaders from different communities in a follow up focus group. The community collaborators approved the literacy level and cultural appropriateness of the content.

In phase 4, all images collected in the four booklets were assessed for copyright with funding through the University of Alberta Open Educational Resources Awards program. Openly licensed images were identified and the ones that did not have patient's or copyright consent were recreated and professionally designed and added to the collection. The booklets were then reviewed by the copyright office and uploaded to the University of Alberta institutional repository to encourage reuse.



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For more information or to explore collaboration opportunities for using this work for community dental education, please feel welcome to contact Dr. Maryam Amin at sharifzd@ualberta.ca

Goal of early visits:

Education



Early detection



Prevention



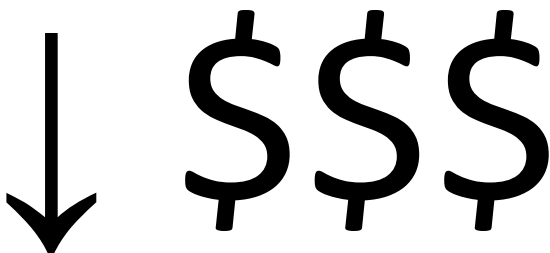
Benefits of early dental visits:



White, straight
teeth and a clean
mouth



Fresh breath

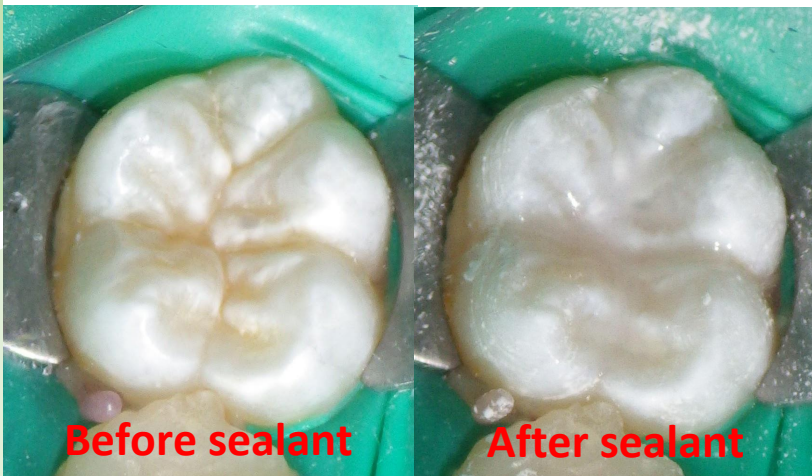


Less expensive,
more savings

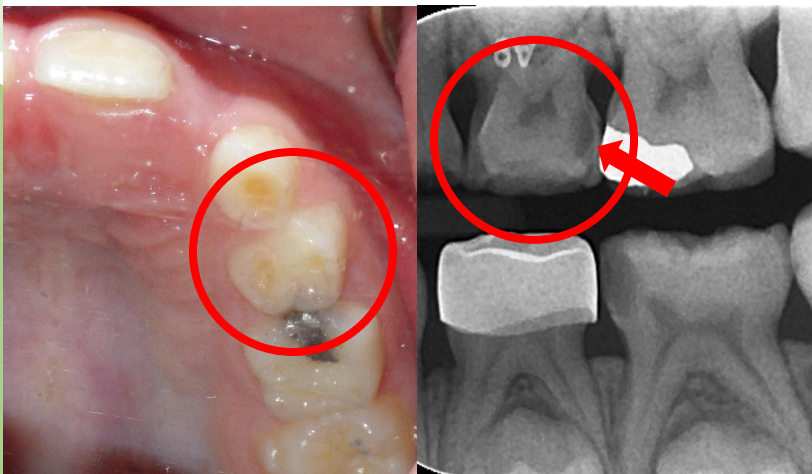
Prevention



Fluoride



Sealants



Detection of early cavities that parents can't see

Parents should take their children for their first dental visit...



6 months after the first tooth comes in the mouth



No later than the child's first birthday

Things to do BEFORE taking your child to the dentist...

Keep your child's
teeth and mouth
clean



Take turns with
your child
pretending to be
dentist-patient



Tell your child
about the
importance of
healthy teeth



Things to do BEFORE taking your child to the dentist...

Go to the dentist with your child instead of sending another family member



Don't talk about your fear of the dentist in front of the child



Don't use a dental visit as punishment



During the dental visit...

You may stay with
your child



Or you may stay
in the waiting
room



The dentist will
look inside your
child's mouth



During the dental visit...

The dentist may take pictures of your child's teeth



The dentist or hygienist may clean your child's teeth



The dentist will teach your child how to brush and floss his/her teeth



After the dental visit...

Look in your child's
mouth regularly



Brush your child's teeth
2 times every day



Give your child healthy
foods and drinks



Take your child to the
dentist once a year



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2. "Molar before sealants" by Andrew Hoang licensed under [CC BY 4.0](#).
3. "Molar after sealants" by Andrew Hoang licensed under [CC BY 4.0](#).
4. "Occlusal view of maxillary arch" by Andrew Hoang licensed under [CC BY 4.0](#).
5. "X-ray of interproximal caries" by Andrew Hoang licensed under [CC BY 4.0](#).
6. "Deciduous teeth" by David Shankbone licensed under [CC BY SA 4.0](#).
7. "dsc_5415" by J Jongsma licensed under [CC BY SA 4.0](#).
8. "Baby dentist" by Quinn Dombrowski licensed under [CC BY SA 4.0](#).
9. "Knee to knee exam" by Dr. Monica Gibson licensed under [CC BY 4.0](#).
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12. "Parent yelling at child" by Andrew Hoang licensed under [CC BY SA 4.0](#).
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14. "Image" by Master Sergeant Kimberly Spencer licensed under [CC BY 4.0](#).
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