

## Spokane ABCD Tops the 30,000 Mark!

On February 28th the Spokane ABCD program reached a total enrollment of 30,004 children under the age of 6! ABCD, which began as a pilot program in February 1995, emphasizes first visit by first birthday, prevention, and family oral health education. The program has achieved nationwide status as an award-winning program; the first dental program in the nation to address the access needs of young Medicaid-eligible children. And it all began in Spokane!

Our sincere thanks to those members of the Spokane District Dental Society who are certified ABCD dentists through the University of Washington's School of Pediatric Dentistry.

## February was National Children's Dental Health Month.

In Spokane, the Spokane District Dental Society and the EWU Dental Hygiene Clinic held the EWU Eagle Kids Day. Volunteer dentists performed exams on children in preparation for prophylaxis, fluorides and sealants which were performed by dental hygiene students. From there, children diagnosed with treatment needs were scheduled for Give Kids A Smile Day. On February 24th, eighty-four children received treatment. We appreciate our dentists who generously volunteer for projects such as these!

## New U of W Dental Grads

We are pleased to announce that the 2006 class of new dental school graduates from the University of Washington are all ABCD certified upon graduation! Congratulations to the new dentists and to Joel Berg, Chair, for advancing the cause of ABCD. Each subsequent graduating class will also receive that certification.

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## Ronald McDonald Care Mobile Sets New Record for Dental Care in March

March 2006 sets a new record for the Ronald McDonald Care Mobile (RMCM). Out of a total of 17 days of service throughout the month, dental was available on 11 of them - double what it had been in past months. This was possible because of the generous volunteer dentists that have committed their time to work on, or with the RMCM serving uninsured and under-insured children and youth in Spokane and surrounding communities.

### The RMCM staff would like to take this opportunity to say thank you to the following:

Dr. Peter Joss and the EWU dental hygiene students, Jay Enzler, Becky VanGemert, Kathy Olson, Alfred Heston, Steven Crump, Ashley Ulmer, Larry Knutson, Daniel Roth, Todd Rogers, Gregory Miller, Steven Bates, Keith Padgalskas (who has moved and is no longer with us), Marilyn Carothers - hygienist, and of course Dr. Jim Sledge for his significant ongoing support of the RMCM program.

RMCM staff and volunteers provided care to 72 dental patients in March; 44 new and 28 established. Over \$10,095.00 of in-kind preventive and restorative services included 57 topical fluoride applications.

A portion of the fluoride varnishes are given by our nurse practitioners during well child exams, sports physicals and other medical appointments. It is a quick and painless process; our staff encourages every patient scheduled for medical or dental to have fluoride varnish during their visit to the Ronald McDonald Care Mobile.

**The Spokane community is very fortunate to have such a resource available.** It is one of only 25 Ronald McDonald Care Mobiles in the world! The RMCM is a community outreach program of the Washington State University Intercollegiate College of Nursing. The major partners that make this program possible are Ronald McDonald House Charities of Spokane and Inland Northwest Health Services along with funding from grants and donations from the community. The Care Mobile continues to seek additional volunteers and funding. If you are interested in finding out more about the volunteer and donor opportunities please contact the RMCM office at (509) 324-7291.

## TERM Project - Impressive Dental Results for Pregnant & Post-Partum Women

The March of Dimes' two-year grant supporting the TERM (Treatment, Education, and Resources for Mothers) Project came to a close on December 31, 2005. This important public health intervention reached large numbers of pregnant and post-partum First Steps clients in Spokane. First Steps staff provided valuable oral health education, assessment of oral disease risk, and assisted the clients in accessing dental care. The following results show impressive increases in the number of oral health screenings and dental appointments, and positive improvement in client's oral health.

- ◆ 508 First Steps clients received an oral health screening from their public health nurse.
- ◆ Only 36 clients who were offered TERM enrollment chose not to participate.
- ◆ 290 clients received dental care:
  - ◆ Previous dental visits: pre-test indicated only 33.9% of clients had seen a dentist within the past year. At post-test, 67.7% had seen the dentist.
  - ◆ Teeth cleaning: pre-test indicated that 24% of clients surveyed had their teeth cleaned by a dentist or dental hygienist within the past year. At post-test, 57.2% had their teeth cleaned.
  - ◆ 99.7% of the clients were diagnosed with some form of periodontal disease.
- ◆ Striking changes in flossing: At pre-test, 22.1% reported they did not floss at all, while another 59% indicated they sometimes flossed. At post-test, only 10.8% reported they did not floss.
- ◆ Toothbrushes: 100% of participants said they had their own toothbrush but 64.8% of the brushes were more than three months old. At post-test, 74.2% reported that their toothbrush was less than three months old.
- ◆ Timed brushing: pre-test indicated that 8.1% of clients surveyed had a method to time their brushing and 9% had used a method "sometimes." At post-test, 16.7% timed their brushing and 28.1% "sometimes" timed their brushing (41% increase in timed brushing).
- ◆ Oral health awareness: 97.3% of clients knew that cavities could be prevented. However, only 30% knew germs could be passed to a partner. At post-test, 60.9% knew that germs could be passed. At pre-test, 23.4% understood that oral health may be linked to heart disease. At post-test, 52.7% understood the link.



### Thanks to TERM Project providers and staff. You made a difference!

EWU School of Dental Hygiene, Spokane Falls Family Clinic, Community Health Association of Spokane, Dr's Tim Casey, Janine Johnson, Don Marshall, Bryon Hildahl, Kathrine Olsen, David Petersen, Edward Saffer, Cynthia Thiel, Mark Woodward, Grant Rodkey, Arthur Rudd, Randall Stephens, Jeff Hood, Kendall VanHorne and Michael Condon and the Spokane Regional Health District's First Steps Staff, Assessment and Oral Health Programs.

## ABCD Basics

**Sealants:** Yes, the ABCD program allows reimbursement for sealants on primary as well as permanent teeth. (D1351/ \$22.44 per tooth)

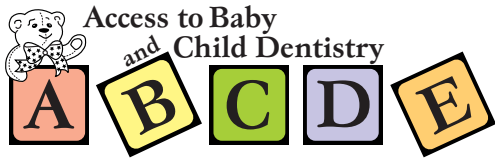
**Behavior management:** Requires one additional staff person to protect the patient (Document in file). (D9920/ \$27.27)

**Child changing dental providers:** A child has seen a dentist. Then, for whatever reason, Mom decides to have the child see a different dentist or the original dentist makes a referral to another dentist. There is no need for the second dental office to wait 6 months before seeing the child. The second office would treat this ABCD child as a new patient, performing all services that a new ABCD child would receive. The second dentist can bill for an initial exam and other services performed but x-rays must be obtained from the previous dentist. (ABCD can help facilitate this, as needed.)

**Billing:** Even if ABCD parents have private dental insurance, DSHS will reimburse for some services given to ABCD children and not paid for by the private insurance. For example, family oral health education (D9999 with EPA #870000997/ \$25.25/once every 6 months), sealants on primary teeth (D1351/ \$22.44 per tooth), behavior management (as above).

**If an office calls in a no-show,** ABCD contacts the parent to provide further education as to the importance of being a good dental patient.

**If faxing or sending in registration forms:** print clearly, include middle initial of child and birth date.



## Welcome New ABCDE Providers:

Thank you to Dr. Jane Akpangbo and her staff for recently inviting us into their office for an ABCDE training. Dr. Jane's new office is located at:

725 N Stanley, Suite A,  
Medical Lake, WA

Congratulations on your new practice! Thank you to Dr. Andrew Garabedian, DDS, for providing the training.

## The next ABCDE training could be at YOUR office!

You too can be a part of this fluoride varnish preventive program for children and adolescents! Please call 324-1478 or 324-1550 if you would like information about the ABCDE Program or want to schedule training.

## Thank you for the ABCDE data!

We really appreciate your prompt reporting of ABCDE data! Please call 324-1478 if you need reporting forms, fax information, or have questions.

## Dental Team Experience (DTE)

The second annual DTE saw an increase in participation: three students from the U of W (up from 2), five students from EWU (up from 4), and 8 students from SCC. Two EWU dental hygiene instructors met with students for two days prior to the starting date to present team concepts and help the students become one cohesive group.

The first week of clinical experience was at the Denny Murphy CHAS facility in downtown Spokane where they treated 133 clients; the second week was at the EWU dental hygiene clinic where they saw 105 clients; the 3rd week was at the SCC dental assisting clinic and they treated 115 clients. Eleven of the clients seen at SCC were recipients of free dental care thanks to a S.A.F.E. grant that paid \$1000 worth of dental treatment for low-income seniors. Services at all three sites included exams, restorative - composite and amalgam, hygiene care, x-rays, oral hygiene instruction, and extractions.

When the time came to say good-bye, the general feeling of the students was that returning to the "school" arena would not be as challenging - that they had outgrown school - and that they all wanted to stay together longer.

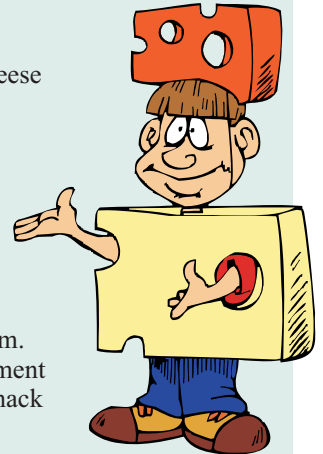
## Information for Parents from the American Academy of Pediatric Dentistry

### What should I do if my child falls and knocks out a permanent tooth?

The most important thing to do is to remain calm. Then find the tooth. Hold it by the crown rather than the root and try to reinsert it in the socket. If that is not possible, put the tooth in a glass of milk and take your child and the glass immediately to the pediatric dentist.

### Your child and cheese

Did you know recent research shows cheese is one of the healthiest snacks for your child's teeth? In addition to providing large amounts of much-needed calcium, cheese also does its part to fight cavities. Cheddar, Swiss, mozzarella, and Monterey jack all stimulate the body's salivary glands to clear the mouth of debris and protect teeth from acids that weaken them. This means cheese disrupts the development of cavities, especially when eaten as a snack or at the end of a meal. Calcium and phosphorous found in cheese reduce or prevent decreases in the plaque's pH level and work to re-mineralize the enamel of your child's teeth.



### How do dental sealants work?

Sealants work by filling in the grooves on the chewing surfaces of the teeth. This shuts out food particles that could get caught in the teeth, causing cavities. The application is fast and comfortable and can effectively protect teeth for many years.

### Are thumb-sucking and pacifier habits harmful for a child's teeth?

Your pediatric dentist will carefully watch the way your child's teeth come in and jaws develop, keeping the sucking habit in mind at all times. For most children there is no reason to worry about a sucking habit until the permanent front teeth are ready to come in.

Most children stop sucking habits on their own, but some children need the help of their parents and their pediatric dentist. When your child is old enough to understand the possible results of a sucking habit, your pediatric dentist can encourage your child to stop, as well as talk about what happens to the teeth if your child doesn't stop. This advice, coupled with support from parents, helps most children quit. If this approach doesn't work, your pediatric dentist may recommend a mouth appliance that blocks sucking habits.

Source: [www.aapd.org](http://www.aapd.org)

**Licensed Dentists,  
Dental Hygienists,  
and Dental Assistants...**

## **Volunteers Needed!**

**Dental Access Clinic  
Saturday, October 7<sup>th</sup>, 2006  
at Spokane Community College**

Help us provide dental care for low-income adults that have no dental insurance. Services will include prophys, perio scales, x-rays, fluoride treatments, dental exams, oral cancer screenings, amalgam and composite restorations, and home care education.

**Call 1-509-495-4949 to volunteer  
or make a donation.**

Sponsored by Community Professionals in Action  
for Better Oral Health of Spokane



**Isaac, Melissa, Ava, Colton, and David Busch  
~ an ABCD Family**

“The boys already have a wonderful ABCD dentist. Ava will go when she gets her first two teeth,” says Grandma (Nammy) Ida Ovnicek, ABCD Supervisor.



**Oral Health Program**  
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