



Healthy Smile Happy Child

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Quarterly Report April - June 2010

The Manitoba Collaborative Project for the
Prevention of Early Childhood Tooth Decay

Submitted by: Sarah Prowse & Janis Gojda, Healthy Smile Happy Child (HSHC) coordinators

Date submitted: July 5, 2010

Note: Sarah Prowse went on maternity leave June 9, 2010. Janis Gojda is the interim coordinator until the position is posted in August, 2010.

Regional Updates

The HSHC project coordinator is continuing to work with key contacts in each region of Manitoba. Specific needs and support required are being identified with input from healthy living team leads. Region specific work plans will be developed to reflect these. The most common requests from regions are for training of new staff, support on how to use resources with the community, toothbrushes and printed resources.

A telehealth training/sharing session was held at the beginning of April. HSHC key contacts were invited throughout all regions. They were asked to extend the invitation to those who worked with target groups in the community. Staff from Churchill, Brandon, Parkland, NORMAN and Winnipeg attended. A review of early childhood caries (ECC), HSHC research, review of pediatric dental surgeries statistics and examples of prevention of ECC in action were all shared. Participants were given the opportunity to share what was happening in their region.

The HSHC coordinator is following up with an evaluation of some of the groups that HSHC has worked with. A community capacity evaluation form has been used to determine if groups are identifying ways to target the determinants of health as it relates to early childhood oral health. These forms also help determine the capacity of these groups to deliver oral health promotion messages and activities. A follow up evaluation has been sent to all groups that have had an initial and in some cases an interim evaluation. By continuing to explore the capacity of these groups, HSHC will be able to get an idea of how the groups have progressed since the HSHC community facilitator positions ended and Regional Health Authorities have implemented their new healthy living positions. This will give an understanding to how sustained the work done has been and help guide future activities. Currently, five community capacity forms have been completed and returned to HSHC. STEP students are in the process of contacting remaining groups to follow up.

Burntwood/Churchill Regional Health Authorities:

Funding for Healthy Smile Happy Child Community Facilitator position ended on July 10, 2009.

- The health promoter position is still vacant. The HSHC coordinator is working with the Public Health and Clinical Nutrition Services manager to work the Healthy Smile messages into the position as this position is filled.

- The HSHC coordinator has been following up with a request for a Northern Oral Health conference which was one of the needs that was highlighted out of the follow up study. All nursing stations in the Burntwood region were contacted, with no response. The coordinator will contact Public Health Agency of Canada programs that work in this region to determine if they feel there is a need for further oral health education. Through discussions with the HSHC steering group, it is felt that a telehealth session(s) may be the most appropriate and efficient means to meet the needs of these communities.
- The HSHC coordinator has been in contact with the Medical Education Coordinator in Burntwood RHA to organize an education session for physicians. The education coordinator is working with the university to set up continuing medical credits; at which point we will be able to provide an education session.
- A public health nurse in Churchill attended the HSHC telehealth training/sharing session in April. She has since left her position but reported using the information in well baby clinics.
- Contact has been made with the Churchill public health nurse who will be the HSHC contact person. An initial phone conference is scheduled for July 23, 2010, when she returns from her leave.

NOR-MAN/Parkland Regional Health Authorities

Funding for Healthy Smile Happy Child Community Facilitator position ended on July 1, 2009.

- NOR-MAN RHA's new HSHC contact attended HSHC telehealth training/sharing session in April. The Coordinator is continuing to work with this contact to determine needs of region.
- HSHC coordinator is continuing to work with Parkland contact. She is planning a "Prevent Early Childhood Tooth Decay" workshop for new public health staff in the fall. A recent HSHC publication used pre and post questions to determine the impact of the workshops and training on increased knowledge of participants. The Parkland contact has requested using these questions with the staff that go through the training. The coordinator and contact are exploring using consent forms so that staff can be contacted one to three months after training to determine the level of knowledge they have retained and to see if they are using the information in their work.
- Parkland has requested presentation on chronic disease and oral health to be presented in fall. This will be organized with Mary Bertone from Centre for Community Oral Health (CCOH). Tentatively, this presentation has been scheduled for November 23, 2010.

North Eastman/South Eastman Regional Health Authorities (NEHA and SEHA):

Funding for Healthy Smile Happy Child Community Facilitator position ended on November 6, 2009.

- Coordinator is continuing to work with the North Eastman wellness facilitator to work in areas of need that have been identified. Nurse practitioner training is hoped to be implemented by next fall.
- North Eastman is interested in receiving information on the link between chronic disease and oral health. The coordinator suggested a tele-health presentation. If interest persists, the coordinator will organize this with Mary Bertone from Centre for Community Oral Health.
- The South Eastman health promotion coordinator set up a training session for public health staff as identified by the Public Health Team Manager as a need. The session covered causes of early childhood tooth decay, prevention strategies, and how to use these in the community. The HSHC delivered this training session to public health nurses, Families First home visitors and a day care staff member. Participants requested resources which were supplied by SEHA coordinator.

- The parent/child coalition was identified as an area for ongoing oral health promotion. The coalition coordinator position is vacant but the HSHC coordinator will contact the new person when it is filled.

Central/Assiniboine/Brandon Regional Health Authorities:

Funding for Healthy Smile Happy Child Community Facilitator position ended on May 31, 2009.

- The healthy living facilitator and regional program director of healthy living with Central Regional Health Authority (CRHA) reviewed the work plan and responded with feedback. Public health teams are using the HSHC resources, specifically Families First. The healthy living facilitator reported using the resources with Hutterite Colonies.
- The healthy living facilitator asked the public health teams how they felt about the amount of training they had received and most felt that they were comfortable with their knowledge level and didn't require further training at this time. The facilitator will follow up with new staff.
- The facilitator distributed the list of MDA Free First Visit participating dentists. They have told the community to contact the CRHA or MDA if they can't find a dentist to see their children.
- Local dentists have visited some schools to talk about oral health.
- CRHA is exploring how to link oral health and chronic disease prevention. They are looking at incorporating the messages into healthy eating messages.
- CRHA reported not having specific needs at this time but did question whether HSHC can supply resources.
- STEP students were present at the annual Carman preschool wellness fair. Approximately 45 children and their parents and siblings attended. They were able to provide oral health education and distribute various HSHC resources. A new display board was also created specifically for this wellness fair.
- HSHC coordinator followed up with the health promotion coordinator for the Assiniboine RHA (ARHA) as the healthy living team has reported doing very little with the HSHC resources over the past year. They have shown interest in discussing ideas. The HSHC coordinator sent the presentation from the April telehealth session and shared the ideas and examples of prevention activities that were shared by the regions. The HSHC coordinator will follow up with this region to help identify needs and strategies.
- ARHA reported using oral health kits at Teddy Bear's Picnics throughout the region, and a Health Baby Coordinator has built oral health messages into the work with prenatal moms.
- ARHA had a preliminary meeting with the region's Healthy Child Coalition Coordinators (North and South), Family First coordinators and Healthy Baby coordinator in February 2010. They began discussion on how each program could integrate with one another. Oral health discussion is anticipated at the following meeting, which is planned to take place this summer.
- ARHA's oral hygiene teaching kits are now in the hands of two Parent Child coalitions in the region. They currently oversee how the kits are being used as well as how the region is presently connecting parents/kids to oral health messages. The coordinator has been provided with their contact information.
- Brandon RHA contacted the HSHC coordinator to request someone to come to their children's county fair and represent HSHC. The coordinator suggested they contact their local dentists for a dental professional to attend. A retired dental therapist was found who was willing to attend the fair and used the HSHC resources to give out to families. Brandon RHA also requested toothbrushes for this event.

Winnipeg/Interlake Regions (WRHA and IRHA):

Funding for Healthy Smile Happy Child community facilitator ended March 31, 2010.

- HSHC coordinator delivered a training session in Winnipeg to Healthy baby staff, public health nurses, WRHA community facilitators, Families First home visitors and a day care

staff member. Most of these staff members had not had a HSHC training previously. Other public health staff were interested in attending but the timing of the session overlapped with other training. A separate, shorter training session for the Transcona public health team was delivered to accommodate those who couldn't attend. A public health nurse from another Winnipeg area suggested the HSHC training be an annual offering or incorporated into new staff orientation. The HSHC coordinator is following up on this.

- The WRHA Wave magazine was contacted to see if they would be interested in writing an article on early childhood oral health. Members of the HSHC steering group and members of the MDA were interviewed and an article was published in the May/June magazine. The article can be viewed at <http://www.wrha.mb.ca/wave/2010/06/all-smiles.php>
- HSHC staff were present at the Teddy Bear's picnic in Winnipeg. They were able to supply over 700 toothbrushes thanks to funding from Manitoba Institute for Child Health.
- HSHC STEP students attended Kidsfest: Tooth fairy Saturday. Local dentists were also present. Students also planned to attend the Park, Play and Grow event. However, due to the weather the event was cancelled and tentatively rescheduled for Monday September 20, 2010.
- Presentations were delivered to three parent groups. The HSHC coordinator has suggested to the coordinator of the groups that a training session be provided to the facilitators so they can continue to deliver the HSHC messages.
- HSHC coordinator met with staff from SMILE plus and Mount Carmel Clinic to discuss how to best work with and support these programs in their health promotion outreach.
- Continuing to work with the Interlake Community Wellness team to provide oral health promotion and prevention activities.

Community Feedback

Follow-up by HSHC coordinator with regional contacts has noted the following ways the spreading of Healthy Smile Happy Child (HSHC) message is being sustained:

Public Health

- Families First home visitors in Central RHA and Winnipeg RHA are using the HSHC kits and resources regularly with their families.
- Central RHA developed posters for oral health month and have been working with pharmacists to have these displayed.

Schools and Community Organizations

- Schools in Central RHA had local dentists come and provide information on oral health to the students.
- A daycare in South Eastman reported not providing the children with juice and not allowing them to walk around with sippy cups.

Dental/Medical Offices

- A retired dental therapist used HSHC display board and resources at the Brandon Children's Country Fair.
- A dental office in Winnipeg contacted the HSHC coordinator to discuss ideas on reaching high risk communities. This dental office has dental staff who could deliver presentations to the community.

Challenges

- Continuing to field requests for resources (tooth brushes, brochures, DVDs, resource kits) from various groups with limited funding available to fill the requests.

Community Involvement/Partnerships

Project Activity:

- 1) Phase II (Follow-up Study) Evaluation
 - Writing of manuscript of findings for journal publication in progress.

Collaborative Activity

- 1) HSHC project coordinator is continuing to connect with health/wellness positions in the regions to share ideas and offer support for oral health promotion. Following up with contacts at management level for input on work plan and region specific needs.
- 2) A list of First Free dentists was provided by the Manitoba Dental Association. This was formatted for each region and sent out to each RHA. Community members have reported finding this information very useful. A BSc(Dent) student being supervised by Dr. Schroth will help evaluate this program for the MDA.
- 3) Working with dental consultant from Manitoba Health to identify screening questions for wellness/chronic disease assessments which has been requested by a number of RHAs.
- 4) STEP students participated in the MDAs Tooth Fairy Saturday event.
- 5) Collaborated with WRHA on Wave article on childhood oral health.
- 6) Dr. Schroth presented "A Healthy Smile is a Happy Child: a look at early childhood oral health in Manitoba" at the Manitoba Public Health Association's AGM on June 29, 2010.

Next Steps

- The partnership is continuing to explore ways to provide ongoing central support to the enhancement and sustainability of early childhood tooth decay prevention activities. The work plan that was developed late last year is being reviews by regional health authorities. The HSHC coordinator will continue to work with each RHA to tailor this work plan to reflect their region's specific needs.
- Working in collaboration with the Centre for Community Oral Health to formalize a procedure to have dental hygienists available to provide education sessions to the community. A presentation was delivered to the Dental Hygienist Association AGM in June to gain feedback from the hygienists. It is hoped that this will begin in Fall.
- An announcement was made in the Manitoba Dental Hygienist Association Spring 2010 newsletter. This can be viewed at:
http://mdha.ca/theMontage/theMontage16_Summer2010.pdf
- A second announcement is planned to appear in the MDHA Fall 2010 newsletter once feedback has been received and details are finalized.
- The HSHC STEP students are currently investigating the number of registered dental hygienists in each RHA to determine the possible need for resource tubs across MB. The HSHC coordinator will continue to work with Mary Bertone to discuss further details, such as potential costs, where to house resource kits, etc. The idea of appointing a dental hygienist to a kit in each RHA was suggested.
- Identifying grant opportunities to support project activities.

Feedback/Evaluation/Research

- Qualitative Evaluation study
 - Currently in the stages of preparing a manuscript of findings for journal publication.
 - Final report is available online.

- Qualitative Cultural study
 - Currently in the early stages of preparing a manuscript of findings for journal publication.
 - Final report is available online.
- Pre/Post Test Workshop Questionnaire
 - Article was published in Pediatric Dentistry in May 2010. The article is titled “The impact of community workshops on improving early childhood oral health knowledge.” Authors are MacIntosh AC, Schroth RJ, Edwards J, Harms L, Mellon B, and Moffatt ME. The article can be viewed at: <http://www.ingentaconnect.com/content/aapd/pd/2010/00000032/00000002/art00004>

Staff Development

- Manitoba Health has supported 2 STEP students to work full time during the summer. The students started in May 2010.
- Support and management of STEP student activities includes: resource mailings, database entry, development of displays, and other projects and administrative tasks.

Administrative/Research Activity

- All database entry is up to date.

Planning for next Quarter

- Continue to work each RHA to adapt work plan and make region-specific goals.
- Follow up on capacity evaluation forms for different groups HSHC has worked with to determine what capacity building has occurred as a result of HSHC activities.
- Continued communication with dental services and the dental profession throughout Manitoba.
- Organize chronic disease and oral health presentation for Parkland and North Eastman.
- Reconnect with Churchill RHA and initiate work plan with new point person.
- Explore and assist CRHA with incorporating oral health messages into healthy eating messages.
- Continue to explore oral health assessment questionnaires for adults that can be used by non-dental health professionals.
- Continue to work with Mary Bertone from CCOH to have dental hygienists available to provide education sessions to the community.
- Continue to identify ways to engage pediatricians in improving oral health.
- Attend and present displays at community events.
- Continue to work on qualitative study paper.
- Explore the idea of developing a “newsletter” to provide to RHAs with commonly asked questions around early childhood oral health.
- Explore funding opportunities to sustain the provincial coordination role and future potential evaluation activities.