



Oral Health Integration into Primary Care

ORAL HEALTH TIP SHEET FOR MEDICAL PROVIDERS



Research shows that oral health and general health are related. Poor oral health is often associated with chronic diseases such as diabetes, cardiovascular disease, respiratory diseases, cancer, obesity, dementia and Alzheimer's disease. In addition to other conditions, oral health is associated with adverse pregnancy outcomes. Integrating oral health in primary care transforms care delivery in ways that benefit both patient and provider. Screening for risk factors and early signs of disease, along with dental referrals can improve patient care and treatment planning. We hope this tip sheet provides the resources you need to learn more about the oral-systemic connection and helps you communicate evidence-based best practice recommendations to optimize your patients' health and well-being.

Please visit **Smiles for Life** <http://bit.ly/2CzUaAG> Course 1 at <http://bit.ly/2Ciqogu> to learn more about the oral-systemic link and <http://bit.ly/2CN6oDD> in Course 7 to learn about the oral examination and how to differentiate between normal and abnormal findings in the mouth. You will also learn about the oral health needs of special populations such as the handicapped, elderly and medically compromised individuals.

Additional **Smiles for Life** modules that address needs of specific age groups and skill development may be found in specific sections below. Modules have been endorsed by 18 professional organizations and continuing education credit is available *free of charge* to many health professionals. **Smiles for Life** has many provider resources and patient handouts as well as an Oral Health App that is a reference tool for oral conditions designed to assist primary care providers in formulating diagnoses in real-time.

PREGNANT WOMEN:

1. **Smiles for Life** : **Course 5: Oral Health for Women: Pregnancy and Across the Life Span** <http://bit.ly/2lPFqnY>
2. National Maternal and Child Oral Health Resource Center (OHRC):
 - **Oral Health Care During Pregnancy: A National Consensus Statement 2017** <http://bit.ly/2z4ZMxX>
 - Oral Health During Pregnancy: **A Resource Guide** <http://bit.ly/2mNXXnu>
 - **OHRC Publications by Category** <http://bit.ly/2DZxDdy>

INFANTS & CHILDREN:

1. **Smiles for Life**: **Course 2: Child Oral Health** <http://bit.ly/2CAJQss>
2. Maternal and Child Oral Health Resource Center: **Child and Adolescent Oral Health Issues** <http://bit.ly/2CAJQss>
3. American Academy of Pediatrics (AAP) Children's Oral Health: **Oral Health Practice Tools** <http://bit.ly/2lPxjXC>
4. Texas Department of State Health Services (6-35 mos): **Oral Evaluation and Fluoride Varnish in the Medical Home** <http://bit.ly/2mMHAal>
5. CDC Provider Recommendations: **Tip Sheet for talking to parents about HPV vaccine** <http://bit.ly/2AZw2TA>

FLUORIDE:

1. **Smiles for Life**: **Course 6: Caries Risk Assessment, Fluoride Varnish and Counseling** <http://bit.ly/2lPqTHS>
2. AAP Children's Dental Health Project (CDHP): Community Water Fluoridation **Speaking Points Pediatricians & Health Professionals** <http://bit.ly/2lRTi02> & Fluoride Safety: A Guide for Health Professionals (**English**) <http://bit.ly/2lNw6Rp> & (**Spanish**) <http://bit.ly/2E1GZph>
3. Texas Department of State Health Services: **Texas Fluoridation Program** <http://bit.ly/2CANWkk>
4. American Dental Association: **Fluoridation Facts** <http://bit.ly/2lQaOBL>

OLDER ADULTS:

1. **Smiles for Life:** [Course 3: Adult Oral Health](http://bit.ly/2AjdXix) <http://bit.ly/2AjdXix>
2. **Smiles for Life:** [Course 8: Geriatric Oral Health](http://bit.ly/2qkXBq6) <http://bit.ly/2qkXBq6>
3. Oral Health America Tooth Wisdom: [Aging & Oral Health](http://bit.ly/2CCqYKo) <http://bit.ly/2CCqYKo>
4. Oral Health America Tooth Wisdom: [Oral & Overall Health](http://bit.ly/2CBh5wo) <http://bit.ly/2CBh5wo>

ORAL CANCER

1. National Cancer Institute: [General Information About Oropharyngeal Cancer](http://bit.ly/2ISrbOh) <http://bit.ly/2ISrbOh>
2. Oral Cancer Foundation: [Cancer Screening Protocols](http://bit.ly/2CAjUNK) <http://bit.ly/2CAjUNK>
3. Oral Cancer Foundation: [HPV / Oral Cancer Facts](http://bit.ly/2CAURL7) <http://bit.ly/2CAURL7>
4. Johns Hopkins Head & Neck Cancer Center: [HPV and Throat/Oral Cancer FAQs & video](http://bit.ly/2IQLqM9) <http://bit.ly/2IQLqM9>



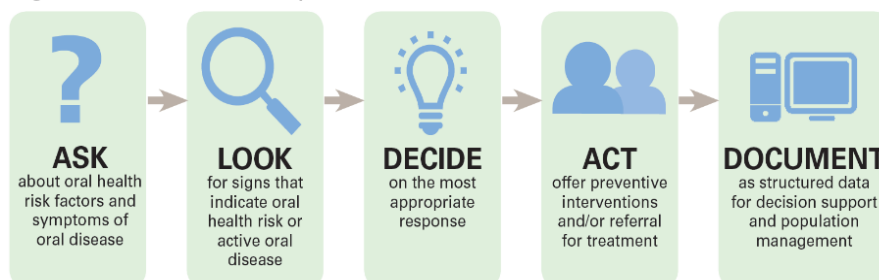
DIABETES & DEMENTIA:

1. **Smiles for Life:** [Course 4: Acute Dental Problems](http://bit.ly/2CBgqo7) <http://bit.ly/2CBgqo7>
2. Carefree Dental: [Dementia and Oral Health: How to Help Sufferers Care for Their Teeth](http://bit.ly/2CzVZyv) <http://bit.ly/2CzVZyv>
3. American Academy of Oral Medicine: [Diabetes Mellitus](http://bit.ly/2IPy3N7) <http://bit.ly/2IPy3N7>
4. American Diabetes Association: [Diabetes and Oral Health Problems](http://bit.ly/2qmHYhI) <http://bit.ly/2qmHYhI>

TOOL KITS:

1. **Adult Oral Health Assessment Chart:** This chart shows oral disease risk factors, oral health screening information, geriatric oral health, denture care and problems, antibiotic prophylaxis guidelines for oral procedures, anticoagulation guidelines for oral procedures and primary care for medical providers. <http://bit.ly/2F3nDlu>
2. **The Interprofessional Oral Health Faculty Tool Kit** developed by the Oral Health Nursing Education and Practice (OHNEP) describes how to weave evidence-based oral-systemic health content, teaching-learning strategies, and clinical experiences into pediatric, family, adult-gerontology, acute care, women's health, and psychiatric-mental health nurse practitioner and midwifery programs. <http://ohnep.org/faculty-toolkit>
3. U.S. Department of Health and Human Services: **Oral Health: Integration into Primary Care, Implementation Guide.** See a quick video and download the tool kit. Toolkit <http://bit.ly/2CkSBDB> White Paper <http://bit.ly/2COj25D>

Figure 3.1: The Oral Health Delivery Framework



Source: Hummel J, Phillips KE, Holt B, Hayes C. *Oral Health: An Essential Component of Primary Care*. Seattle, WA: Qualis Health; June 2015. Reprinted with permission.

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Resources for Your Patients:

PREGNANT WOMEN:

1. Tips for Good Oral Health During Pregnancy ([English](#)) ([Spanish](#))
2. A Healthy Smile for Your Baby - Tips to Keep Your Baby Healthy ([English](#)) ([Spanish](#))
3. Two Healthy Smiles: Tips to Keep You and Your Baby Healthy ([English](#)) ([Spanish](#))
4. Cavity Free at Three, [Prenatal and Child Oral Health Patient Education Pamphlets](#) (*9 languages*)

INFANTS & CHILDREN:

1. A Healthy Smile for Your Baby - Tips to Keep Your Baby Healthy ([English](#)) ([Spanish](#))
2. A Healthy Smile for Your Young Child: Tips to Keep Your Child Healthy ([English](#)) ([Spanish](#))
3. AP Children's Oral Health [2017 National Children's Dental Health Month Resources](#)

FLUORIDE:

1. National Maternal and Child Oral Health Resource Center, [Healthy Habits for Happy Smiles: Getting Fluoride for Your Child](#)
2. Centers for Disease Control and Prevention (CDC) FAQs: [Community Water Fluoridation](#)

OLDER ADULTS:

1. American Dental Association (ADA), *Mouth Healthy:* [Adults Over 60](#)
2. Washington Dental Service: [Seniors Oral Health](#)
3. Oral Health America Tooth Wisdom: [Health Topics A-Z](#)

ORAL CANCER:

1. American College of Physicians, Patient Facts: [Oral Health and HPV](#)
2. Oral Cancer Foundation: YouTube: (Videos) <https://www.youtube.com/user/OralCancerFoundation>
3. National Cancer Institute, [General Information About Oropharyngeal Cancer](#) (Patient version)
4. Center for Disease Control and Prevention (CDC): [HPV and Oropharyngeal Cancer](#)
5. Mouth Cancer Foundation, [HPV and Mouth Cancer Leaflet](#)

DIABETES / DEMENTIA / CARDIOVASCULAR:

1. Oral Health America ToothWisdom.org: [Gum Disease & Its Link Throughout Your Body](#)
2. American College of Physicians (ACP) [ORAL HEALTH PATIENT FACTS: Diabetes / HPV / Older Adults in Spanish & English](#)
3. ADA *Mouth Healthy:* [5 Ways Diabetes Can Affect Your Mouth](#)
4. Journal of the American Dental Association Healthy For the Patient, [Diabetes and Oral Health](#)

Some diseases and/or medications cause Xerostomia, which can lead to an increase in tooth decay and root caries.

5- Ways Diabetes Can Affect Your Mouth

1. Gum Disease – gums bleed easily
2. Dry Mouth
3. Change in Taste
4. Infections
5. Slow Healing