

ORAL HEALTH SUPPORT IN NOTTINGHAM CITY

ANNUAL REPORT
APRIL 2021 - MARCH 2022

Working in partnership with



BACKGROUND INFORMATION



In 2017 Public Health England reported that just under a quarter of 5-year olds had tooth decay, which was affecting an average of 3 to 4 primary teeth and that 90% of extractions in this age group were preventable.

Tooth decay causes pain, effects eating and sleeping and ultimately could result in lost days at school and parental time off work. The PHE survey also highlighted that children living in the most deprived areas had twice the level of tooth decay.

In Nottingham the percentage of 5 year olds with tooth decay is 35.6%, which is above the national average of 24.8%, with the target SSBC wards of Arboretum, Aspley and Bulwell showing the highest levels of under 5's with tooth decay across Nottingham City.



PROJECT AIM



The project aims to improve and maintain the oral health of children through two strategic goals.

1. Provide expertise, support and implement key oral health messages.
2. Provide expertise, evidence-based knowledge and constructive challenge to oral health developments.

The service delivery will be based on the evidence-based recommendations from:

- Inequalities in oral health in England (PHE 2021)
- Oral health promotion in the community (NICE 2016)
- Local authorities improving oral health: commissioning better oral health for children and young people toolkit (PHE 2014)
- Oral Health: local authorities and partners (NICE 2014)



THE ACTIVITIES



3.1 WORKFORCE TRAINING



The Oral Health Promotion Team will deliver training of the existing workforce such as the Family Mentors, Midwives, Childrens Public Health 0-19 Nursing Service, Early Help Teams and Dental Teams to update knowledge and skills:

The Oral Health Promotion Team will provide:

- **2** (2 hour) or **4** (1 hour) Oral Health Promotion training sessions.
- **6** additional health promotion sessions to specifically support workforce to target specific and targeted oral health themes, effective sharing of information within the community and seek effective feedback from community.
- **4** (1 hour) sessions for dental practices to support the 'Trip to the dentist together' campaign.
- **8** (30 minute) sessions for Childrens Public Health 0-19 Nursing Service.

Workforce Training 2021-2022

Due to COVID-19 restrictions in 2020-2021 the team had to be extremely creative with their training offer. The team quickly diversified and offered virtual training opportunities. The team ran a survey in May 2021 to establish the type and theme of training the workforce would prefer.

Survey Results:

- **25** responses
- Most popular training themes: Oral Hygiene For Children With Learning Disabilities, Motivating Toothbrushing, Baby Bottles to Cup and Motivating Dental Attendance.
- How do you prefer to access training? **Face to Face** and **Virtual** were the preferred methods, with only 2 participants selecting Online eLearning for their first choice.

Service Delivery:

Oral Health Brief Advice = **9** sessions

Health Promotion Sessions = **7** sessions

Dental Practice Sessions = **4** sessions

Childrens Public Health 0-19 Nursing Service Sessions = **8** sessions

Extra Sessions due to demand = **4** sessions

Total number of delegates = **260**

Percentage delegates stating they had gained knowledge = **100%**

Percentage of delegates stating they had gained confidence = **100%**



Chart 1: Oral Health Training

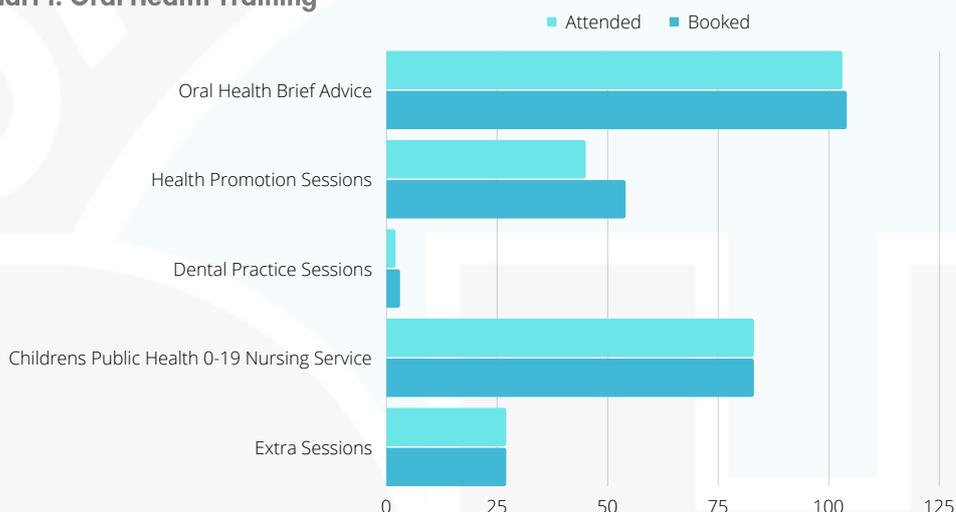
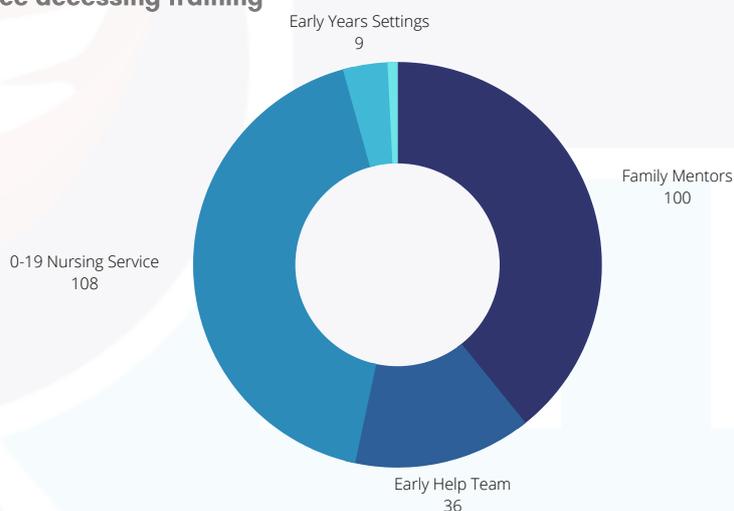


Chart 2: Workforce accessing training



Training Feedback

"It was all relevant and useful"

"I enjoyed the fast pace and the fact the training wasn't too long. I enjoyed the interaction and the trainer made us feel included and valued"



Dental Practices have been extremely difficult to engage this year. The difficulty is capacity; many of the local dental practices are unable to recruit new NHS patients and have very little time to access training.

3.2 ORAL HEALTH CAMPAIGNS

The Oral Health Promotion Team will create, promote and deliver 2 community campaigns:

Campaign 1: Brush Book and Bed

The Brush, Book and Bed (BBB) campaign aims to address and tackle the local oral health inequalities. By ensuring consistent key oral health messages are shared with local families. The main message to families is to 'Brush last thing at night and on one other occasion' (Delivering Better Oral Health, PHE 2017).

The Oral Health Promotion Team will provide:

- Promotional materials for a 4-week campaign
- 1 community session per ward
- 75% Brushing Buddies settings to promote

Campaign 2: A trip to the dentist together

A trip to the dentist together campaign aims to educate both the workforce and service users to appreciate the importance of regular dental attendance.

The Oral Health Promotion Team will provide:

- Promotional materials for a 17-week campaign
- 1 dental practice per ward to promote
- 75% Brushing Buddies settings to promote

Service Delivery:

- **75%** Brushing Buddies Sites promoting BBB
- **100%** Promoting Trip to the dentist together
- **3/4** wards have a dental practice promoting
- **100%** wards had a local community BBB event
- Both campaigns have a range of promotional materials.

SSBC Communications team have a separate budget to create supporting resources.



3.3 SUPERVISED TOOTHBRUSHING

Supervised Toothbrushing in Early Years Settings



The OHP team will create, promote and support a supervised toothbrushing programme within nurseries.

The programme must:

- Be offered to 16 nurseries across all 4 SSBC wards
- Consent rate must be at least 75%



Service Delivery:

- **16** Nurseries are running supervised toothbrushing programmes
- **595** Children taking part
- **98.2%** Consent rate
- All staff received training before they commenced.
- All sites received a monthly eBulletin *The Crunch*, full of activity ideas
- All sites receive regularly onsite Quality Assurance visits; one site trialling virtual monitoring

In addition to the standard resources the Oral Health Promotion team provided each setting with a mouth model, to help instruct toothbrushing with the children, these have been welcomed!



Programme Feedback

When asked what do you enjoy most about the programme...

Seeing the children enjoying themselves brushing their teeth

A family had been struggling with getting their child to brush teeth at home ,since taking part in teeth brushing at nursery and parent trying ideas from the information that we have provided from the oral heath team ,the parent has encouraged their child to brush teeth and has registered with a dentist now.

We feel very supported , the team are always friendly and available to help with any queries.

Some of our children with additional needs that won't normally sit down are joining in now and enjoying the process.

How confident the children are at brushing their teeth

We have had good feed back from the parents. The children like having their own brush. Parents have said this helps with the routine at home.

3.4 DISTRIBUTION OF ORAL HEALTH PACKS

The Oral Health Promotion Team will provide resource packs annually consisting of toothbrush and toothpaste to all Children’s Public Health 0-19 Nursing Service Teams, to enable them to be distributed to children living in Nottingham City at their one year development review.

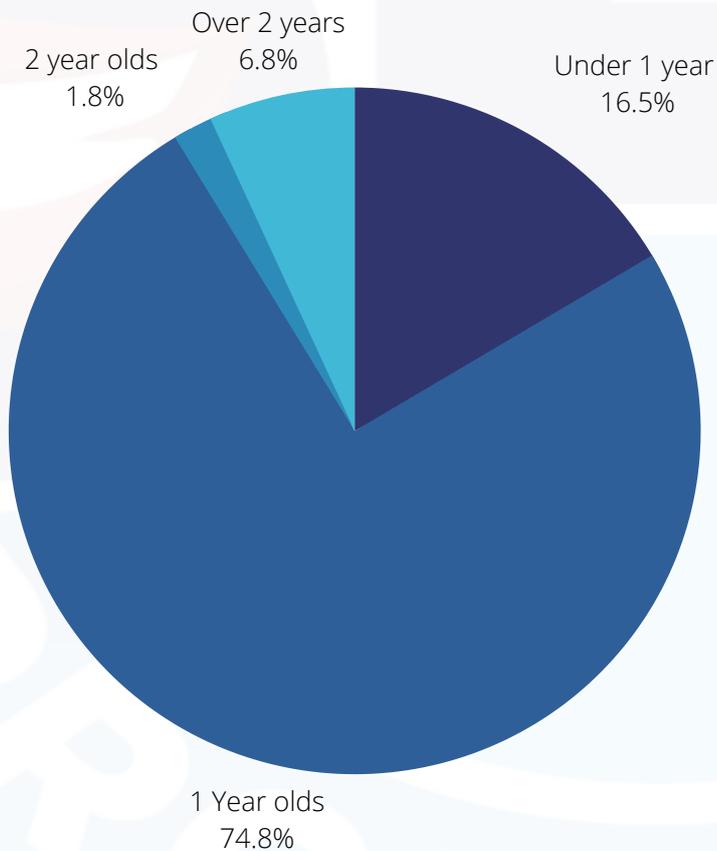


Service Delivery:

- Number of children turning 1 : **3841**
- Number of packs distributed to **1 year olds** (recorded): **1585**
- **Total of packs distributed: 2362**
- Percentage of **1 year old** children receiving a toothbrushing pack: **41%**

The majority of toothbrushing packs were given to 1 year olds at the development review, however 375 packs were distributed to under 1 years, 42 were given to 2 year olds and 156 were given to children over 2 and adults. , see Chart 2.

Chart 2: Number of toothbrushing packs given at different ages



REFLECTION AND THE FUTURE



Reflection

The team have continued to build upon lessons learnt during 2020-21. Training has remained virtual to accommodate more attendees due to restrictions on room capacity. Feedback has been extremely positive and is embedded in to training development.

Brushing Buddies has been extremely successful, the key being flexibility and ongoing support from OHP team. All sites have embraced not only daily toothbrushing but also taken a whole-site approach to oral health promotion.

Dental access continues to be an issue locally which did impact on the 'A trip to the dentist' campaign, the social media campaign ran twice and Family Mentors have been using the resources to support local families. The 'Brush, Book and Bed' social media campaign ran for 4 weeks and the OHP team delivered community engagement sessions in each ward.

The toothbrushing packs were delivered directly to teams and were well received by families. Feedback from the service highlighted a need for additional toothbrushes for siblings, these were supplied to support service delivery.

Future Plans

The OHP team have submitted a proposal for 2022 - 2023. It is hoped this will build upon the success of the last two years, whilst exploring methods to ensure sustainability.



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