



RECOMMENDED READING

Delivering Better Oral Health

Evidence-based toolkit for prevention.

DH/BASCD published 26 September 2007.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_078742

This document supports Choosing Better Oral Health Action Plan for England (DH 2005) by providing the evidence based advice plus professional intervention for specific dental issues.

Guidance for Primary Care Dental teams.

1. Principles of tooth brushing for oral health.
2. Increasing fluoride availability.
3. Healthy eating advice.
4. Identifying sugar-free medicines.
5. Improving periodontal health.
6. Stop smoking guidance.
7. Accessing alcohol misuse support.
8. Prevention of erosion
9. Supporting references.

Each section provides the evidence based advice plus professional intervention for specific dental issues and by patient groups:

- Children aged up to 3 years;
- All children aged 3 – 6 years;
- Children giving concern;
- All children from aged 7 years and young adults;.
- All adult patients;
- Those giving concern in all age groups.

Dental issues covered:

Prevention of caries advice

Prevention of periodontal disease

Erosion

Prevention of oral cancer:

Principles of tooth brushing for oral health

Useful guidance that could be photocopied and used as a reference for other health professionals. Guidance on fluoride levels in toothpaste by age group.

Increasing fluoride availability with list of toothpastes

Fluoride varnish
High concentration fluoride toothpaste.
Fluoride supplements.
Fluoride rinses.

Healthy eating advice.

Dietary advice to prevent dental caries.
List of potentially cariogenic foods and drinks.
General good dietary practice guidelines.
Example of a diet diary with guidance on giving dietary advice and instructions for completing a diet diary.

Identifying sugar-free medicines.

Sugar (sucrose)-free oral liquid medicines – listed in therapeutic groups.

Improving periodontal health.

Mechanical plaque control.
Toothpaste types/brands.
Mouth rinses

Stop smoking guidance.

Accessing alcohol misuse support

Prevention of erosion

Advice that may be given to prevent erosion progressing.
Professional action that may be taken.
Food and drink associated with erosion.
List of extrinsic sources of acid.

Supporting references.

12 pages of references to provide the supporting evidence for the guidance.